

Connecticut Guardian

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New page written in Connecticut National Guard engineering history

242nd cases its colors, consolidates with 192nd

Spc. RYAN DOSTIE
65th PCH

The long and full history of the 242nd Engineer Battalion came to bittersweet end on Aug. 13 at the Hartford armory as the battalion retired its colors and consolidated with HHD 192nd Engineer Battalion.

The 242nd Engineer and the 192nd Engineer battalions are some of the first to take part in the Army's new "Transformation" plan, a design in which units consolidate to allow for combat-ready forces with wider capabilities to suit the needs of the state in homeland security and the country in a time of war. The consolidation of the two units will allow for one new multi-functional engineer battalion.

The consolidation has many benefits not just for the state, but for the individual Soldiers as well.

"A bigger unit has more opportunities to advance," says Spc. Diego A. Chiriboga from Headquarters 242nd Engineer Battalion. What this means, he emphasizes, is that it helps with promotion. There are now a lot more openings for promotions in the bigger unit.

Capt. Chuck Taylor, commander of the HHC 242nd adds that consolidating the two smaller units into one larger one gives greater flexibility to the engineer corps. This flexibility will help the new battalion send the Soldiers to other places for training.

"It's good for the state," he says, "and it's good for the engineer corps. It makes us a force that we can take



Maj. L.J. Fusaro, commander, and Sgt. Maj. Henry Alston (back to the camera) roll the colors of the 242nd Engineer Battalion in preparation for the casing of the colors as the battalion was consolidated with the 192nd Engineer Battalion. (Photo by Sgt. 1st Class Debbi Newton, State PA NCO)

has been added to the new consolidated 192nd - experience that can be used to train the new Soldiers in the unit.

Despite the obvious benefits of the union between the two engineer battalions, many are sad to see the 242nd go.

"It's like seeing an old friend leave that you're not going to see again," voiced Sgt. 1st Class William A. Flynn. Flynn was originally with the 242nd but recently transferred to the 192nd before the consolidation took place so that he could volunteer for the mission to Iraq.

on state missions and take on federal missions."

The transitions for the units did have its difficulties, however. The 192nd Engineer Battalion moved its drills to Stratford and the 242nd changed its drill dates to line everyone up for the same time and location. The commute for some Soldiers has changed as well. In the 192nd, Soldiers from the eastern part of the state now have to travel to the western area, making one-way travel as far as an hour and a half.

"That's my job though," says Sgt. 1st Class Paul W. Nordquist from 192nd Engineer Battalion. They tell him what to do and he follows orders, he adds. There are still some growing pains due to the merge, he explains, but a lot more experience as far as combat engineers

U. S. Attorney General announces new Web site for veterans, members of the Armed Services

DEPARTMENT OF JUSTICE PRESS RELEASE

WASHINGTON — Attorney General Alberto R. Gonzales in August announced the launch of a new Web site designed to safeguard the civilian employment rights, voting rights and financial security of members of the Armed Services and veterans. The Web site, <http://www.servicemembers.gov> is a partnership between the Justice Department and other federal agencies that oversee these protections.

"Every day, men and women of our nation's armed forces put their lives on the line to protect the freedoms we enjoy, and it is our responsibility to ensure that their rights are protected in return," said Attorney General Alberto R. Gonzales.

"Through this new website, members of the armed services will have the information they need about the rights guaranteed to them by law. At the Justice Department, we are proud to help those in uniform both know about the rights they have and vigorously defend those rights under the rule of law."

The Web site offers information and resources about three laws passed specifically to protect servicemembers.

The Uniformed Services and Reemployment Rights Act (USERRA) prohibits employers from discriminating or retaliating against an employee or applicant for employment because of past, current, or future military obligation.

The Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) requires that states allow certain groups of citizens, including servicemembers and their families, to register and vote absentee in a timely manner in elections for federal offices.

The Servicemembers' Civil Relief Act (SCRA) provides civil protections for military personnel while on active duty.

The Justice Department has brought multiple cases on behalf of servicemembers or veterans.

Most recently, the Justice Department reached an agreement with Connecticut to protect the voting rights of military and overseas voters.

The Department also filed the first class-action lawsuit under USERRA against American Airlines for its failure to provide the same employment benefits to its pilots who had taken military leave as it had provided to its pilots who had taken similar types of non-military leave.

In another case, the Department took action to protect the rights of residents of a nursing home under contract with Veteran's Administration in New Mexico.

The site serves as "one stop shopping" for servicemembers and veterans and will provide useful information and links to services provided by the Justice Department and other federal agencies. The site answers commonly asked questions involving rights and protections.

The site also provides contact information and directions to file complaints with the Justice Department and other federal agencies which investigate and prosecute possible civil rights violations.

Commander's Corner



We didn't start this fight, but we must win it

COMMENTARY BY COL. ANTHONY JOHNSON
455TH EXPEDITIONARY OPERATIONS GROUP COMMANDER

BAGRAM AIRFIELD, Afghanistan — We sent three young men and a young woman home in flag-draped, metal containers a few days ago.

I was flying over the scene shortly after one of the young men died.

The warrior we were talking to on the radio was audibly shaken by the event. Looking down on the situation from two to three miles above, I was too far removed to truly feel his pain. He obviously wanted to avenge the loss of a fellow hero and understandably wanted revenge for the pain he was suffering.

My flight lead may have helped him reap a bit of that revenge. However, ladies and gentlemen, we are not in the revenge business. Our business is to make it possible to get on an airplane without taking our shoes off and to carry a laptop, tooth paste, perfume and our Ipod on that airplane with us.

Our business is about building a free, democratic nation to let the people of Afghanistan experience a better way than tyranny.

Our business is about establishing an economy here, built around commodities that compliment the values most Americans hold close to their hearts versus one that tears at the fabric of our society.

Our business is to restore the freedoms Americans enjoyed prior to 9-11.

In short, our business is to make the world a better place for our children and grandchildren.

I mentioned that I was too far removed to feel the pain felt by the young man we were talking to on the radio. But when I landed my

airplane safely on an airfield inside a secure compound, the pain became a bit more real as I visited the members of the squadron who had just lost one of their mates.

I felt completely helpless. There was nothing I could do to relieve their anguish.

They are warriors! Warriors conceal their grief and continue the mission, but they were hurting and I wish them God's Speed. As I think about the grief on their faces when they loaded their comrade's body on an airplane for the journey back to his family, the thought of my family having to endure that same pain is unbearable to me.

Although I look forward to going home, it will not be an occasion to celebrate.

When all of us who have come together for this common purpose complete our task and have done some good in this place, when the women and children of Afghanistan enjoy the freedoms that most Americans take for granted, then we can celebrate.

Please pray for the four young people who died fighting for our freedoms and thank them in the most sincere way you can.

Thank them for fighting for you and your family. Thank them for fighting for all the thankless citizens who are going about their lives as if nothing is happening here and in Iraq.

Pray that their families' grief will soon subside and that they will have peace. Again, I thank you for volunteering to leave your respective towns, cities and countries and joining in this worthwhile effort.

We didn't start this fight, but we must win it for our children and grandchildren!

Your vote counts!

COMMENTARY BY CAPT. RICK ALFORD
386TH AIR EXPEDITIONARY WING STAFF JUDGE ADVOCATE

SOUTHWEST ASIA (AFPN) — Voting is one of the most important things a member of a democratic republic can do. The United States has a long history of voting, starting on Sept. 17, 1787, when the U.S. Constitution was adopted and the founding fathers set in place the process we now use to elect our country's presidents.

The first presidential election was held in 1789 when the Electoral College unanimously elected George Washington as president. During the 1820s and 1830s a number of states joined the union, each with its own constitution and most with limitations that prevented women and men of any race other than white from voting.

Women such as Lucretia Mott and Elizabeth Stanton formed groups that argued for women's rights in 1840. These groups took root and grew. In 1848, the Women's Rights Convention was held in Seneca Falls, N.Y., where the attendees agreed that women should have opportunities to go to college, become doctors and lawyers, own land and vote.

As immigrants continued to flood to America, a new political group called the Know-Nothings was formed in 1850. This group at its heart was anti-immigrant. In an effort to prevent immigrants from voting, this group pushed for literacy tests because at the time most immigrants and African-Americans were illiterate.

Congress passed its next big piece of legislation in 1866 known as the 14th Amendment in an attempt to protect U.S. male residents who were at least 21 years of age from voting obstacles. Susan B. Anthony, who was already in the public eye by this time, also founded the American Equal Rights Association in 1866 with Elizabeth Cady Stanton.

In 1869 Congress passed the 15th Amendment granting the right

to vote to all men regardless of race, color or previous servitude. However, while advancing the right to vote for minorities, this amendment specifically prohibited women from voting. In 1872 Ms. Stanton attempted to vote in direct violation of the 15th Amendment and was arrested.

A few years later in 1878 a constitutional amendment, later known as the 19th Amendment, was introduced to Congress to grant women the right to vote. It finally passed in 1920. The 24th Amendment was passed in 1964 preventing the use of poll taxes to keep minorities from voting.

In 1965, the Voting Rights Act was signed by Lyndon B. Johnson, which prohibited the use of literacy tests and complicated ballot boxes. Finally in 1971, the 26th Amendment was signed lowering the minimum voting age from 21 to 18.

You may be asking yourself why I took the time to let you in on a little history behind your right to vote. The answer is simple. Your right to vote was procured through a long history of war, civil war and civil atrocities. Men and women of every race, nationality and ethnic origin stood on the firm belief that every person has a right to have their voice heard. As a citizen of the United States, you not only have a right to vote, you have a responsibility to vote, to have your opinions heard, and to set this country on its next course. Your voice will only be heard if you vote.

We hear, almost on a daily basis, people complaining about where the country is headed, that they disagree with current administration policy, or that Congress is unable to pass meaningful legislation. However, a majority of U.S. citizens fail to vote and, in my opinion, lose their right to complain. If you don't cast a ballot, your voice will not be heard.

Get out and vote. It's your responsibility. It's your right.

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First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

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The heart of war: MP writes through recovery

PFC. JOSHUA C. JOHNSON
65TH PCH

The facts and figures of war are written in history books, but the emotions and memories often go unrecorded. Inspired by poets of World War I, a Connecticut Army National Guardsman captured the heart of war in poetry written during his recovery from deployment to the Middle East.

"War Poems from Iraq," was written by Capt. Gregory R. Samuels, who was commander of the 143rd Military Police Company when it deployed to Baghdad from April 2003 to April 2004.

The book, published by Publish America and released in July, is an expression of how he felt while he was deployed to Iraq and the first year that he was back home, said Samuels.

It was inspired by his feelings and experiences during and after his deployment and contains war poems from Iraq and love poems written to his wife, Christine, he said.

He wrote most of the love poems in Iraq and most of the war poems during his first year back, said Samuels, who was an English major at the University of Connecticut. It was therapy for him, he said. Poetry was how he dealt with missing his wife and it was how he recovered from the war, he said.

"I hope people understand it when they read it," said Samuels. "I was angry when I first got back, and I wrote a lot of angry poems; but I don't feel the same way now as I did then," he said. "Writing poetry helped me to heal. It helped me to feel different, better."

When an improvised explosive device exploded under his vehicle during a convoy Sept. 9, 2003, he and another Soldier under his command were injured. Samuels sustained nerve damage in his right arm and a ruptured eardrum.

During the three months he spent recovering from his injuries he read a lot of World War I poetry. That poetry inspired him to write his own, he said.

Samuels returned to retake command of his company during the first week of December, 2003.

"I didn't have to go back," said Samuels. "I wanted to go back."

He wrote more poetry when he returned to Iraq.

In considering what to put on the cover of his book, Samuels thought of the one photo that symbolized what his company accomplished while in Iraq- a picture of the 143rd MP Company in Baghdad under the crossed swords, a symbol of the ousted Iraqi dictator.

"I put the company on the cover of the book, because, to me, that's what the war was about," said Samuels. "The war was about the company and how we all made it home," he said.

Samuels said that he will be forever grateful to his squad leaders. As military policemen, they operate in small-sized units, and his squad leaders are the reason that the company didn't lose any Soldiers in Iraq, he said.

"You can be the greatest commander in the world, but if you don't have those people under you, you're not going to be any good," Samuels said.

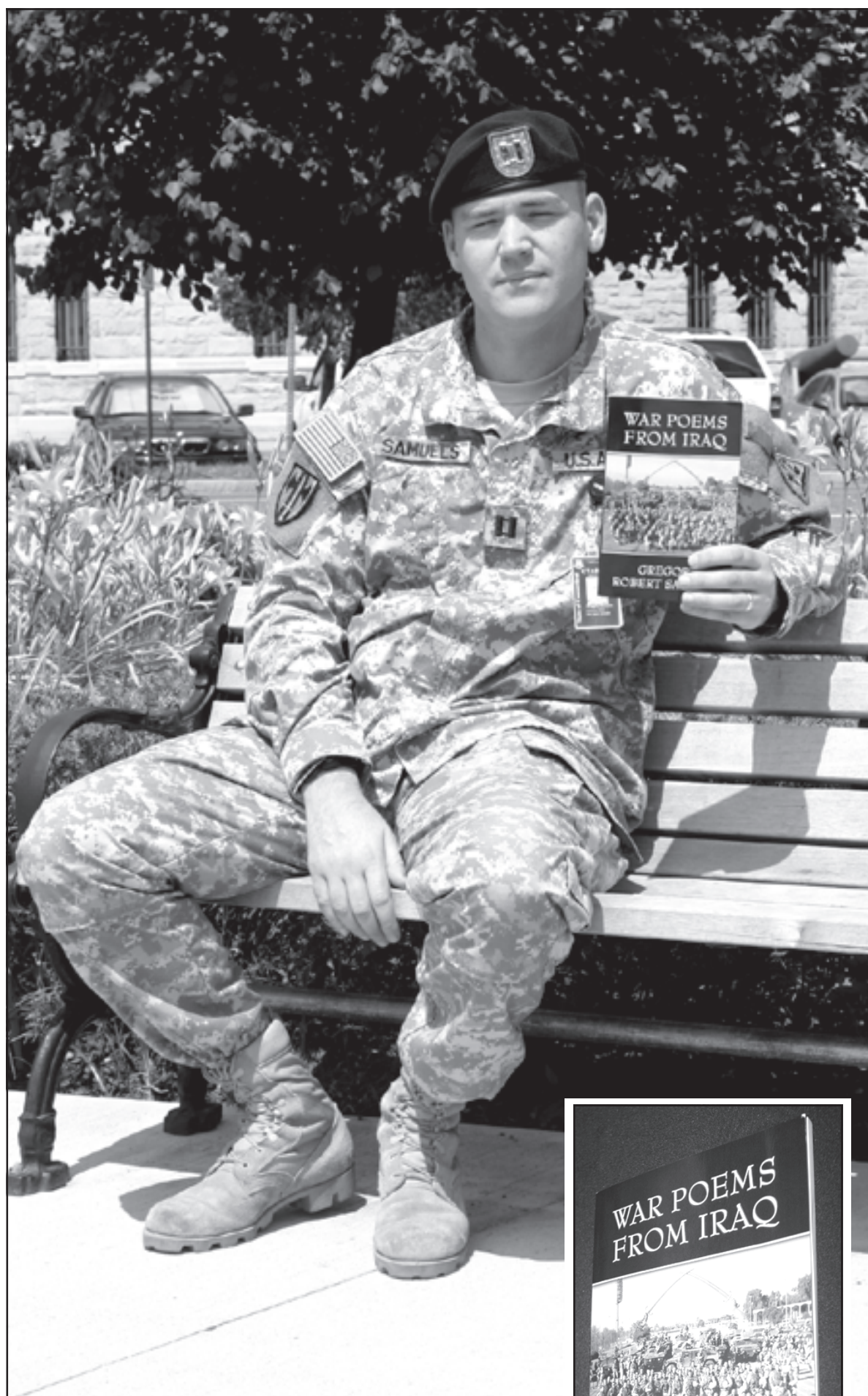
While other Soldiers in the company were injured, all 150 Soldiers who deployed in April 2003 returned home to West Hartford in April 2004.

Samuels is now a resource manager with Joint Force Headquarters in Hartford.

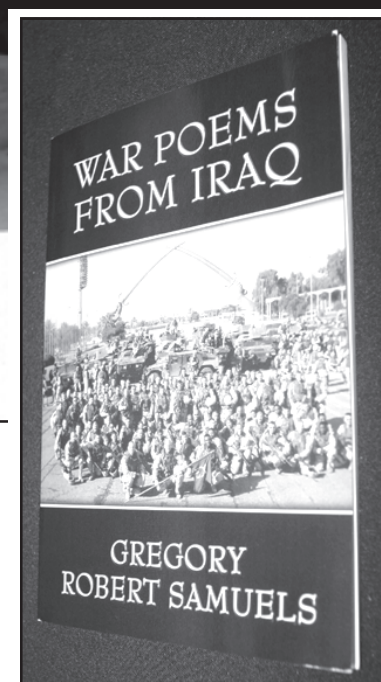
Although he is right handed, the injuries sustained to his right arm did nothing to prevent his writing; fortunately, he has always written with his left hand.

Since he has returned from deployment, he bought a house in Mansfield where he lives with his wife and is currently writing a children's book.

While Samuels wrote "War Poems from Iraq" for his own healing, he said he hopes it motivates other Soldiers to write. He hopes it inspires other Soldiers to heal their hearts of war.



Capt. Gregory R. Samuels holds his book, "War Poems from Iraq," as he sits on a bench in Minute Man Park in front of the Hartford Armory, August 6. A close-up of the book, with Samuels' unit on the cover, is shown in the inset. (Photos by Pfc. Joshua C. Johnson, 65th PCH)



Letter from Afghanistan

2ND LT. BRYON M. TURNER
SUPPORT EXECUTIVE OFFICER
455TH EXPEDITIONARY MISSION SUPPORT GROUP
DEPLOYED FROM 103RD COMMUNICATIONS FLIGHT

On our first full day here at Bagram Airfield (BAF), Afghanistan, we were given our initial look at the tragic side of the war being waged all around us.

We took part in a "Fallen Comrade Ceremony" for 10 American Heroes assigned to BAF that paid the ultimate price while conducting combat operations here in Afghanistan. It was this poignant event that set the tone for our time here, reminding us from the start, of how serious and important our mission was and how high the stakes were.

As the 455 Expeditionary Mission Support Group command staff, our efforts would provide direct support to war fighters on the flight line, in the air above and on the ground throughout Afghanistan; they were counting on us and the men and women under our care.

Col. Gary Costello took command of the 455 Expeditionary Mission Support Group (EMSG) on 8 May 2006. Chief Master Sgt. Raymond Welton took the helm as the Group's Chief Enlisted Manager and Camp Cunningham Mayor, and I transitioned into

There's something very poetic and fitting about our time on Afghan soil coming to an end on the 5th anniversary of the 9-11 attacks.

2nd Lt. Bryon M. Turner

the group's Executive Officer position.

Our team was rounded off by Senior Master Sgt. James G. Epps, a Reservist from Georgia who served as the group's First Sergeant. It would be up to the four of us to keep the 455 EMSG on track in the months to come.

BAF is a hive of activity, with air and ground forces in constant motion at all hours of the day and night, at Bagram, the war on terror never sleeps. Bagram serves as the hub of coalition airpower, providing support to many of the Forward Operating Bases throughout the country, and hosting a large Army contingent as well as a number of Naval, Marine and international forces.

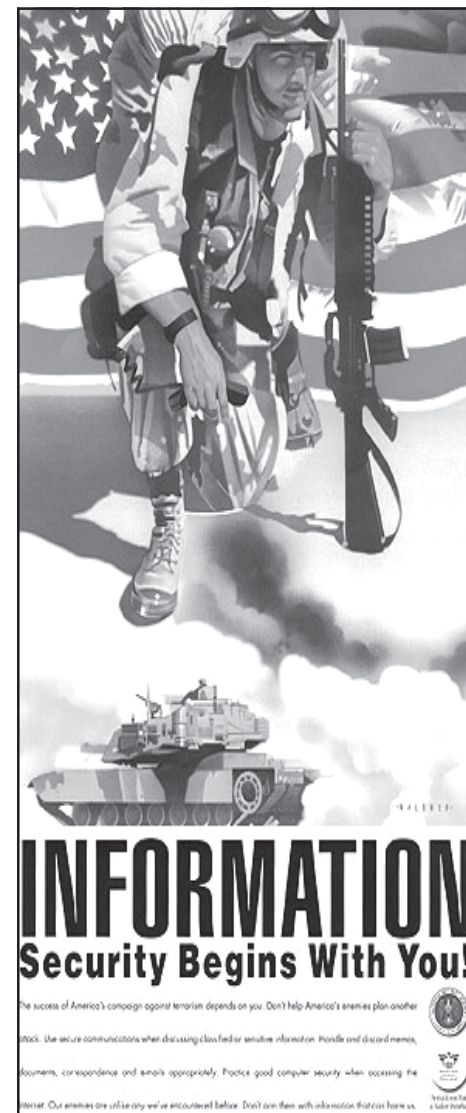
Col Costello, his staff and his subordinate commanders have been pivotal in maintaining, operating and securing this airfield, allowing for uninterrupted combat

air support of our coalition partners on the ground throughout Afghanistan.

But the men and women of the 455 EMSG are the unsung heroes of this war, working behind the scenes to bring decisive airpower to the fight. Although they may make it look easy, the job of providing flawless Expeditionary Support is not without its challenges.

From tending to the steady flow of forces moving in and out of BAF while carrying out major construction projects on the airfield's runways and flightline, to providing anti-terrorism and force protection, providing Expeditionary Support to the war fighters in Afghanistan has been a critical and challenging task for all of the members of the group. Our hope is that the combined efforts of the men and women of the 455 EMSG have paved the way for future coalition efforts here.

There's something very poetic and fitting about our time on Afghan soil coming to an end on the 5th anniversary of the 9-11 attacks. While that dreadful day that changed our nation and our world will forever remain a part of "why we do what we do," we can take pride in having contributed to something positive, a hopeful future for people of Afghanistan and America.



Consolidation

From Page 11

He will be deploying with some of the 192nd to Baghdad, Iraq to participate in an engineer mission. "A mission extremely worth while," he proudly states.

Most of the sorrow over 242nd Engineers leaving is due to the long and interactive history of the unit.

The 242nd Engineer Battalion was originally organized and federally recognized in 1922, and among its many campaign participations are World War I and World War II.

"You look at the pictures in the Stratford Armory of guys in the 242nd who were coast artillery and they're guys standing on the pacific islands with enemy plane wings they shot down, they're World War II pictures," said Taylor. "Those guys are a part of the 242nd lineage. It's hard to see that history go."

Attending the consolidation ceremony were many former members and commanders of the 242nd. Col. (Ret.) Rene Provost was once the commander of the 192nd and the Executive Officer of the 242nd as well as the full time senior administrative officer for both battalions.

"It's sad to see the 242nd go," he says. "It's got a great heritage and contributed to the state in many, many ways a lot of people don't know about." The 242nd, he goes on further to explain, on weekend drills would often go into the community to perform civil action programs. These programs were anything from building baseball fields for little league members, to repairing bridges in some towns, and even to helping build the roads for the Native Americans in the state to help with the developing of the reservation.

"The transition isn't bad, though," he adds, "because both engineer battalions have a great respect for each other formed over the years."

Connecticut Brig. Gen. Walter Lippencott reiterates this point, saying, "This is not a time to be sad, it's a time to be proud." The National Guard transformation will give the right capabilities and the right units for both the state mission of Home Defense and the federal mission of the War on Terrorism, he says in his speech to the two battalions.

The Master of Ceremonies and former 242nd member, Connecticut Brig. Gen. (Ret.) Gary Thorstenson declares this "a new page in National Guard History." He paused to collect himself, then, with a voice thick with emotion said, "You can take the Soldier out of the 242nd, but not the 242nd out of the Soldier."

The 192nd colors are ordered to attention and the 242nd colors sadly rolled up and retired into a camouflage canvas covering. The formation of once the two battalions is called to attention and dismissed as the 192nd Engineer Battalion.



The guidons for the engineer companies are silhouetted against the American Flag in the background. (Photo by Sgt. 1st Class Debbi Newton, State PA NCO)

One more hug, kiss, good-bye before departing

134th to support Operation Iraqi Freedom

PFC. KRISTIN A. ALDO
65th PCH

The windows on the bus were tinted, but when the morning rays of sun pierced their surface the right way one could still make out the faces of Soldiers inside if one looked hard enough.

That's exactly what family, friends and fellow Soldiers of the 134th Military Police Company of Norwich did when it was time for the unit to begin its deployment in support of Operation Iraqi Freedom.

On July 28, a detachment of 30 Soldiers of the 134th fell out of formation to board a bus that would take them to Fort Dix, New Jersey for training and validation.

Just as the first Soldier was about to board the bus, he was pulled back by eager arms.

"He thought he was going to get right on the bus, but I made sure to get another hug and kiss in before he got on it," said Nicole P. Gimbrone, who has been dating Spc. Christopher M. Shea, a member of the 134th, for about three and a half years now.

She was one of many family and friends who tried to sneak in one more hug, kiss, and good-bye before the Soldiers departed to Fort Dix.

"It seemed as if the good-bye was too short," Gimbrone said with tears in her eyes.

Shea's parents were also there to send him off.

"We're hoping he'll be able to come home for a weekend or so to see us before he departs to Iraq," said Shea's mother, Marcia A. Shea.

"When I found out he was leaving I went and bought a camera, and I started saving all of his voice mails," said Marcia.

"We were still running around last night trying to get last-minute things done," said Marcia.

It will be Shea's first time deploying, said Gimbrone who bought him a Saint Michael medal so that he could take it with him overseas.

Aside from the Saint Michael medal, on a trip to Russia Shea bought a cross that he had put onto a Saint Christopher medal that he is also bringing with him, said Marcia.

Giving a Soldier something to take with him is something many family members and friends like to do.

"I gave him a CD with a message from me and our two daughters," said Kelly Smith, wife of Sgt. Glen Smith, a member of the 134th.

Smith and his wife met while in the Air Force Reserve. They have been married for 13 years now and have two daughters, Kelly said.

"I just support him," she said.

Smith's wife and children took the time to make folders for pictures, letters, and voice recordings to send him while he is away, said Kelly.

Other family members also planned on sending their departing loved one things while they are gone.

"I'm going to send him funny things like I did while he was in basic training so that I can make him smile," said Marcia.

After the unit is validated at Fort Dix it will then continue on its way to Iraq.

The unit is expected to be on active duty for up to 18 months.



Sgt. Sean Orcutt and girlfriend Kelly Hurley share an emotional moment before his departure to Ft. Dix, New Jersey with the 134th Military Police Company. The unit departed from the Norwich Armory July 28. The unit will participate in further training and validation at Ft. Dix before deploying to Iraq as part of Operation Iraqi Freedom. (Photo by Spc. Rebecca Reynolds, 65th PCH)



After father and husband Sgt. Glenn Smith departs for Ft. Dix, New Jersey, Kelly Smith consoles daughter Sydney, 7. Sgt. Smith is one of the 30 Soldiers that make up the 134th Military Police Company. The unit left from the Norwich Armory July 28 to participate in readiness training before deploying to Iraq in support of Operation Iraqi Freedom. (Photo by Spc. Rebecca Reynolds, 65th PCH)



Sgt. Craig Cole gives his mother Lois Cole one last hug before boarding the bus to Ft. Dix, New Jersey. Spc. Cole is a member of the Norwich based 134th Military Police Company. The unit departed from the Norwich Armory July 28. They will undergo further training and validation at Ft. Dix before deploying in support of Operation Iraqi Freedom. (Photo by Spc. Rebecca Reynolds, 65th PCH)



Looking back over the five years since 9/11



In memory



Sgt. Felix DelGreco
April 9, 2004
Iraq



Spec. Robert Hoyt
Dec. 11, 2004
Iraq



Air Guard Deployments

Sep '01 - Nov '01: Operation Southern Watch, – Al Jaber Air Base, Kuwait, 345 members

September '01 - October '01: Operation Noble Eagle, US locations, 103rd Air Control Squadron, 135 members

October '01 - October '02: Operation Noble Eagle, US locations, 103rd Security Forces Squadron, 70 members

October '01 - October '02: Operation Noble Eagle and Operation Enduring Freedom, Nellis AFB and Southwest Asia, 103rd Civil Engineering Squadron (Fire Dept), 13 members

Feb 02 - July '02 : Operation Enduring Freedom, Qatar, 103rd Communications Flight, 4 members

October '02- October '03: Operation Enduring Freedom and Operation Iraqi Freedom, Southwest Asia and US locations, 103rd Security Forces Squadron, 70 members

Jan '03 - May '03: Operation Iraqi Freedom – five locations in Southwest Asia, 103rd Fighter Wing, 385 members

May '03 – Dec '03: Operation Enduring Freedom – Afghanistan, 103rd Air Control Squadron, 80 members

Aug '04 – Jan '05: Medical Support for Operation Iraqi Freedom, Bases in Qatar and Germany, 6 members

August '04 to September '04, Railway Security, Connecticut, 103rd Fighter Wing, 12 members

October '04 to September '05 – Worldwide tasking support in groups from 1 person to a dozen in Qatar, and more 103rd Fighter Wing, 60 members

October '05 –Quick Reaction Force detail to support Hurricane Katrina relief operations in Louisiana, 103rd Fighter Wing, 12 members

October '05 to September '06 – Worldwide tasking support in groups from 1 person to a dozen in Iraq, Afghanistan, Saudi Arabia, the Indian Ocean, along US Borders, and more 103rd Fighter Wing, 60 members



Army Guard Deployments

UNIT	PAX	OP	LOCATION	START DATE	END DATE
250TH EN CO (MGB)	112	OIF	FT EUSTIS, VA	21-Jan-03	7-Jun-03
DET 1 A CO 102D INF	44	ONE	WEST POINT	2-Jun-03	30-Nov-03
“DET 1, 1109TH AVCRAD	19	OIF	KUWAIT	13-Dec-02	2-Mar-04
1109TH AVCRAD	202	OIF	KUWAIT	3-Feb-03	21-Mar-04
A CO 102D INF	85	ONE	USMA WEST POINT, NY	12-Apr-03	11-Apr-04
HQ CT STARC KFOR5A FWD 7	1	OEF	KOSOVO	21-Apr-03	19-Apr-04
CT STARC 103D CM FWD 8	59	ONE	USMA WEST POINT, NY	2-Jun-03	15-May-04
COC 242 EN BN	132	ONE	FT DRUM, NY”	2-Jun-03	16-May-04
CT STARC 192D CM FWD 10	32	ONE	FT MONMOUTH, NJ	2-Jun-03	17-May-04
DET 1 CO G 104TH AVN	89	OIF	AFGHANISTAN	13-Feb-03	6-Jun-04
143RD MP CO	155	OIF	IRAQ	9-Jan-03	12-Jun-04
CT STARC 134TH MP FWD 9	52	ONE	USMA WEST POINT, NY	2-Jun-03	15-Jun-04
248TH EN CO (CBT HVY)	120	OIF	IRAQ	24-Feb-03	21-Jun-04
“DET 2, I Co, 185TH AV”	5	OEF	KUWAIT	30-May-03	24-Jun-04
CT STARC ISO OEF FWD 12	1	OEF	IRAQ	26-Jun-03	27-Jun-04
CT STARC OEF FWD 13	1	OEF	IRAQ	30-Jan-04	4-Sep-04
DET 1 FWD CO B 242 ENG	27	ONE	BRADLEY ANG Base	30-Jan-03	22-Dec-04
“DET 1, HHC, 169 AV”	1	OIF	IRAQ	7-Oct-04	1-Feb-05
CT ELEMENT JFHQ FWD 17	1	OIF	IRAQ	28-Oct-04	23-Feb-05
118TH MED BN (AS)	104	OIF	IRAQ	7-Dec-03	8-Mar-05
CT ELEMENT JFHQ FWD 16	1	OEF	COLOMBIA	17-Sep-04	23-Mar-05
COC (FWD) 1/102D INFANTRY	36	OIF	IRAQ	5-Jan-04	16-Apr-05
HHC 143D ASG	85	OIF	IRAQ	17-Sep-04	22-Oct-05
141ST MEDICAL CO	54	OIF	IRAQ	25-Oct-04	10-Nov-05
CT ELEMENT JFHQ FWD 15	1	OIF	IRAQ	2-Aug-04	21-Nov-05
CT ELEMENT JFHQ FWD 18	1	OIF	IRAQ	27-Jan-05	12-Dec-05
CT ELEMENT JFHQ FWD 14	1	OIF	IRAQ	2-Aug-04	14-Dec-05
CO B (-) 1/189TH AVN BN	22	OIF	IRAQ	6-Sep-04	18-Dec-05
CT ELEMENT JFHQ FWD 24	1	OIF	IRAQ	26-May-05	18-Dec-05
DET 1 CO D (-) 1/189TH AVN BN	24	OIF	IRAQ	6-Sep-04	18-Dec-05
DET 1 CO D 1/189TH AVN BN	1	OIF	IRAQ	7-Oct-04	21-Dec-05
HHD 208TH PSD	40	OIF	KUWAIT	25-Oct-04	29-Dec-05
CT ELEMENT JFHQ FWD 23	1	OEF	AFGHANISTAN	20-May-05	26-Jun-06
CT ELEMENT JFHQ FWD 19	1	OEF	BOSNIA	10-Feb-06	1-Aug-06
CT ELEMENT JFHQ FWD 25	1	OIF	IRAQ	10-Feb-06	23-Aug-06
1/102D INFANTRY (LIGHT)	485	OEF	AFGHANISTAN	4-Jan-06	CURRENT
1048TH TRANS CO (MED TRK)	127	OIF	IRAQ	22-Jun-06	CURRENT
643 MP CO (GUARD)	129	OEF	GERMANY	9-Feb-06	CURRENT
CO G (-) 126TH AV	40	OIF	IRAQ	17-Jun-05	CURRENT
CTELEMENT JFHQ FWD 27	1	OIF	KUWAIT	4-Sep-05	CURRENT
CT ELEMENT JFHQ FWD 28	1	OIF	KUWAIT/IRAQ	18-Oct-05	CURRENT
CT ELEMENT JFHQ FWD 30	1	OIF	IRAQ	24-Mar-06	CURRENT
“DET 1, 134TH MP	33	OIF	IRAQ	25-Jul-06	CURRENT
DET 6 (OSACOM)	6	OIF	KUWAIT	4-Sep-05	CURRENT
HHC 143D CSSB	63	OIF	IRAQ	17-Jun-06	CURRENT
HHD 192EN	32	OIF	IRAQ	27-Aug-06	CURRENT
CT ELEMENT JFHQ FWD 31	1	OIF	IRAQ	26-Aug-06	CURRENT
CTELEMENT JFHQ FWD 26	1	OIF	IRAQ		
	2432				



192nd send off ceremony brings tears and pride

Spc. REBECCA REYNOLDS
65TH PCH

Friends and family of the Soldiers of the 192nd Engineer Battalion gathered at the Hartford Armory August 24th to support the unit as it prepares to deploy. During the 192nds deployment as part of Operation Iraqi Freedom, the Stratford based unit will take part in various missions, including training coalition forces.

Gov. M. Jodi Rell addressed the mission of the 30 Soldiers of the 192nd. "You will help rebuild a country that is striving to rebuild democracy and hope."

"There can be no higher honor or more important noble mission than to serve ones country," said Connecticut state treasurer Denise Nappier. "I commend each of our heroic Soldiers for your personal commitment and for your resolve to protect our country's cherish ideals of freedom, justice, and equality for all."

"I think it can only be a positive thing to help the people and to help the Soldiers," said Cpt. Mark Zydanowicz. Zydanowicz will help to train the coalition forces on how to react to Improvised Explosive Devices (IEDs) as part of the Explosive Hazardous Awareness Training team. He will be leaving a wife and three young children behind when he leaves. "That's going to be the toughest part for me."

"I'm very proud of my husband," said Nella Zydanowicz with tears in her eyes. Although she tries to pretend it's not happening, Nella recognizes the need to help out the less fortunate. "The United States is one of the best countries in the world, and if we can pass on liberty to people who are less fortunate then that's what we need to do."

Secretary of State Susan Bysiewicz spoke about the strides the country of Iraq has made. "Over eight and a half million people voted for the very first time last year. More than 40 percent of the people who participated in those elections were women who never had the right to vote and to even speak in public prior to that." She thanked the Soldier for bringing freedom and democracy to other parts of the world.

Rell exercised her power as commander and chief of the Connecticut National Guard by issuing an executive order to the command of the 192nd. "Take care of your soldiers. It is an awesome responsibility and, I know, one that you take very seriously. One that you will certainly follow through with to the best of your ability." Rell also asked that the Soldiers write their mothers.

One mother in attendance was Janie Addison in support of her son Pfc. Michael Addison. Janie Addison said she was proud of her only son, who volunteered for this deployment. "Whatever makes him happy is going to make me happy. I'm just happy for him. The fact that he wants to do it I think is a plus." Janie plans to keep in contact as

much as possible by both e-mails and standard mail.

Pfc. Addison said he was happy to be able to deploy. He will be helping to train coalition forces. "I'm going to be instructing classes on explosive awareness and how to react to IEDs." Pfc. Addison has been in the National Guard for almost six years and is pleased with his decision to join. "It's a great way to kick start your life."

Nancy Robbins of East Hartford has two daughters serving in the military, Sgt. 1st Class Marni Robbins and Sgt. Megan Robbins. Marni is a member of the 14th Combat Support Team, and Megan will deploy with the 192nd. Nancy is learning how to e-mail in preparation for Megan's deployment, and has a list of items to send in a care package.

Sgt. Robbins is an intelligence analyst. While deployed she will be gathering and reporting pertinent information. "Originally I was in a unit that was supposed to deploy but the mission got cancelled," said Robbins, "I had already mentally prepared myself, and then when the mission got cancelled I was still in that mental state. When I heard that this opportunity was coming up I jumped at the chance to follow through with what I had been getting ready to do."

Lt. Gov. Kevin Sullivan had words of gratitude for the unit. "You willingly as our citizens take up some cause that has been taken up since the very first militia in New England, and that is the citizen's role to stand in defense of their nation when trouble calls. Thank you for that. We wish you Godspeed."



Staff Sgt. Jack Macko, 192nd Engineer Battalion, stands with wife, Melissa, and son Nikolas at the unit's send-off ceremony, held at the Hartford Armory. Macko, along with 29 other Soldiers from his unit, is scheduled to deploy in support of Operation Iraqi Freedom. (Pfc. Kristin A. Aldo, 65th PCH)



Gov. M. Jodi Rell speaks with Maj. Victor Johnston and his daughter Genevieve, 2. Johnston, a member of the 192nd Engineer Battalion will be deploying in support of Operation Iraqi Freedom. Rell spoke with many Soldiers at the unit's send-off ceremony, Aug. 24, at the Hartford Armory. (Pfc. Kristin A. Aldo, 65th PCH)



Sgt. Megan Robbins (right), 192nd Engineer Battalion, was promoted at the unit's send-off Ceremony, Aug 24. To support Robbins, who volunteered to deploy, a proud sister and fellow Soldier, Sgt. 1st Class Marni Robbins (left), and mother, Nancy Robbins (middle) attended the ceremony at the Hartford Armory. The unit will be deploying in support of Operation Iraqi Freedom. (Pfc. Kristin A. Aldo, 65th PCH)

Looking back one year: Katrina Relief



Iron Grays report from the Front

1st Lt. Frank Tantillo
TF IRON GRAYS, S5/PAO
DIH YAK, GHAZNI

On 29 July 2006, Lt. Col. Steven J. Gilbert commander TF IRON GRAYS 1-102nd IN along with Maj. Charles Anderson, S3, Capt. Phil Stasulli, S2, 1st Lt. Frank Tantillo, S5, and Command Sgt. Maj. David Warner, attended a district Shura meeting.

The meeting was held in the district of Dih Yak, Ghazni Province Afghanistan. The Shura meeting was a meeting of village elders from all major villages in the district there was about seventy elders that attended.

The elders came to speak to the provincial and district governors about issues that affect their village and their district as a whole.

At the end of the meeting Gilbert was given an opportunity to address the village elders. Gilbert applauded the elders for their leadership, but also explained that their freedom in their district was something they all needed to own and work together to achieve.

This meeting is apart of a larger campaign Gilbert is leading to connect the Islamic Republic of Afghanistan and the people in Ghazni Province to join together in a common goal towards freedom.

After the meeting was over the IRON GRAYS staff was invited to share a traditional Afghan meal with the Provincial Governor and the District Governor at the District Governors house in Dih Yak. Following the meal the IRON GRAYS moved back to the district center and conducted a Humanitarian Assistance drop in order to provide support to families in the district. The mission to Dih Yak proved to be an effective mission that assisted less fortunate families of the district.



Lt. Col. Steven Gilbert TF IRON GRAYS, 102nd Infantry, Connecticut Army National Guard, meets with leaders during a district Shura meeting in Afghanistan.



Infantry visits orphanage in Afghanistan

1st Lt. Frank Tantillo
TF IRON GRAYS, S5/PAO
GHAZNI CITY, GHAZNI
GHAZNI ORPHANAGE

TF IRON GRAYS conducted their first mission to the Ghazni Orphanage Maj. Greg Thibodeau, BN XO, and 1st Lt. Frank Tantillo, BN S5 led the mission with Cpt. Matt Wilkonson, First Sgt. John Politz HHC 1-102nd, 1st Lt. Peter Pollard and other members of the task force.

While the Soldiers spent time with the children outside, Thibodeau and Tantillo conducted a meeting with the director of the orphanage.

Azia the director spoke about the major issues she faced with caring for the children as well as trying to educate them.

Possible solutions to her problems were discussed and the meeting ended on a positive note.

Outside the director's office the kids were being handed new clothes and schools supplies by the IRON GRAYS. They were also given some of the donated items that were sent to the IRON GRAYS by supporters back home.

The Soldiers got to relax, play frisbee, and enjoy the smiles from the kids. Wilkonson who is currently the BN S3 Air said "I really see why we are here helping the people of Afghanistan win their freedom, it is for these children."

After the clothes and other items were handed out, the IRON GRAYS said goodbye with hugs and smiles. It will be the goal of the IRON GRAYS to get to the orphanage at least once a month.



Security Forces heads to Diego Garcia

STAFF SGT. JESSICA L. ROY
UNIT PUBLIC AFFAIRS REP
103RD SECURITY FORCES SQUADRON

The 103rd Security Forces Squadron is staying busy this year, with a number of personnel currently deployed. In addition to a 5 person team in Southwest Asia, and a handful of people attending various professional military education schools, there is also a 13 personnel team deployed to Diego Garcia.

Diego Garcia is a small Indian Ocean island of only 17 square miles. It is a tropical jungle reef located East of Africa and over 3,000 miles South of Iraq and Afghanistan. Also known as Camp Justice, it is a British owned U.S. Naval Support facility with the Air Force doing all the flying. It is U.S. and U.K. inhabited, with the majority of the populace U.S.

Tech. Sgt. Chris DiVita is leading this group, who are responsible for the day shift base security and law enforcement details. DiVita has many deployments under his belt, but this is his first opportunity to lead a squad overseas. At his home station, he serves as a flight chief and the unit's deployment monitor among many other additional duties. Last year he was awarded NCO of the Year by the 103rd Security Forces Squadron.

The squad has been able to spend time on the beach, go deep sea fishing and there's even a dance club nearby for them to enjoy. The island has a 9 hole golf course and the warm waters make snorkeling and tropical

windsurfing popular. While the trip has granted these hard workers down-time to enjoy some well-deserved R&R, they have already accomplished a lot in their short time in country. Newer airmen have had the opportunity to train as desk sergeants and will receive their certification to be controllers.

Staff Sgt. Jerry Lashway and Senior Airman Dedrick Baublitz investigated a report of terrorist threats being communicated by a third country national, known as TCN's, to an airman on base. After conducting the investigation and detaining the individual, Staff Sgt. Lashway and Senior Airman Baublitz contacted the British Indian Ocean Police and they responded to arrest the TCN involved.

Staff Sgt. Lashway has volunteered his off duty time to run self-defense classes to train Air Force, Navy and British troops. He works as a Correctional Officer back home. In addition to the classes he has also taken the time to design workout programs for all personnel interested in doing physical training.

Tech. Sgt. Aaron Bowman, who is serving as the assistant squad leader for the trip, was the first responder to a medical emergency on base. The man was 56 years of age, had fainted and was since having trouble maintaining consciousness. Bowman stabilized the man until the medical team arrived and transported him to the

naval hospital for treatment. The man turned out to be a Vietnam veteran who suffered from intestinal problems stemming from multiple gun shot wounds during the war, and the hospital discovered he had internal bleeding. There was a base-wide search for blood donations so the man could have a blood transfusion. After the procedure, the vet was medically evacuated to Singapore Hospital to undergo surgery for the internal bleeding. Bowman deservedly received praise from the group commander down the chain of command, on his quick and knowledgeable response. For this and

many other achievements, he was presented with the 40th Air Expeditionary Group Warrior of the Week Award. Bowman is also a corrections officer back home.

Staff Sgt. Chris Hodges was just awarded NCO of the Month at Bradley for all the hard work he has done for Combat Arms Training and on flight. He will be recognized upon his return from this deployment.

"For deploying with such a young and inexperienced group everybody is performing exceptional and doing the 103rd proud," said Tech. Sgt. DiVita.



Technical Sgt. Aaron Bowman, deployed from 103rd Security Forces Squadron, Connecticut Air National Guard, takes advantage of some downtime to try deep-sea fishing in the Indian Ocean off the coast of Diego Garcia, in August 2006. (photo courtesy of the 103rd Security Forces Squadron)



Senior Airman Dedrick Baublitz and Staff Sgt. Jerry Lashway, deployed from 103rd Security Forces Squadron, Connecticut Air National Guard, pose with British Indian Ocean Territory [BIOT] patrolmen Woods before beginning a patrol on the Indian Ocean island of Diego Garcia, in July 2006. (photo courtesy of the 103rd Security Forces Squadron)

Connecticut National Guard Family Day 2006

**Saturday, Sept. 9, 2006
10:00 a.m.**

Camp Rell, Niantic

Family Friends Food Fun Games Music



Connecticut Military Department News

First Company Governor's Foot Guard participates in joint training exercise with MRC

Sgt. Mark Boudreau
1st Company Governor's Foot Guard

It was a warm, sunny day on Aug. 10 when the members of the First Company Governor's Foot Guard, under the command of Major Dennis Conroy, marched out to drill field at Camp Rell to the sight of two West Hartford fire trucks, each with a trailer containing mobile triage units.

Their mission this day would be to assemble the two units into a single building and then equip them with the accompanying hospital equipment, all part of their continuing training as part Medical Reserve Corps (MRC) of the Community Emergency Response Team (CERT).

On hand to provide instruction and technical assistance for the job were MRC personnel Chief Bill Austin, Assistant Chief Gary Allyn and Captain Rich Winn all of the West Hartford Fire Department and Dr. James Freston and about a dozen of the doctors and nurses of the Capital Region Emergency Planning Committee (CREPC).

The work began with unloading all of the building parts from the trailers and laying them out on the field; the floor in the middle, the framing on one side and the building fabric components on the other in order to facilitate the efficient assembly of all of the parts.

The non-structural components in the trailer needed to equip the unit included two racks of combination gurneys/stretchers, basic medical supplies (boxes

of bandages, etc.) along with a generator and air conditioner.

The teams had practiced assembling a single building on the drill shed floor at the Foot Guard armory in Hartford twice over the last couple of months, but this was their first time assembling two buildings joined to form a single, large triage unit.

Several members of the Foot Guard had participated in a recent Medical Reserve Corps (MRC) drill in Manchester where the two buildings had been assembled and their knowledge proved valuable on this day.

The Foot Guard members had already been assigned to one of three teams: flooring, frames and fabric.

The flooring team was tasked with setting up the floor frame, laying out the fabric sub-floor and then installing the floor units. The floor itself consists of small, approximately twelve inch squares that snap together to form a solid, rigid surface.

The framing team was responsible for arranging, assembling and erecting the aluminum framework that supports the tent fabric. The fabric team's job was to move the main portion of the building (one piece comprising the long sides and top) onto the framing once the roofing supports had been assembled but before the sides had been raised up onto the wall supports.

Once the main portion of the fabric was in place on the frame, the framing and fabric teams then raised the structure onto the wall supports to their full height.



1st Company, Governor's Foot Guard members work to put up the hospital tent.

The building was then ready for the ends to be installed. Each team worked to complete their tasks and the buildings were positioned and raised in good order, overcoming some minor difficulties encountered where the two buildings joined.

Once the structures were in place, the three teams shared the tasks of outfitting the interior of the buildings. This work included installation of windows (flexible, clear plastic), interior walls, air conditioning ductwork, the

electrical distribution box, lights and electrical outlets.

Much of the building parts, especially the interior work mentioned previously, utilizes Velcro fasteners to hold the components in place, so assembly is very quick and easy. While the building interior was being completed, the generators and air conditioners (one for each building) were positioned, connected and started. The work of outfitting the building was completed with the assembly and placement of the gurneys/stretchers and other medical supplies.

While not working directly on the building, team members removed the gurneys from their transport racks and assembled them in preparation for moving them into the unit once assembly was completed.

After a break for lunch, the buildings were disassembled and re-packed into the trailers.

The exercise was a valuable learning experience for all involved. It was learned where some of the trouble spots with the assembly and disassembly processes are and what could be done to expedite the assembly of the buildings the next time.

It was a tired group of Foot Guard men and women that felt a sense of accomplishment as they left the drill field after a job well done that day.

The First Company Governor's Foot Guard is the oldest continuously serving military unit in the United States.



Members of the 1st Company, Governor's Foot Guard work on unloading frame pieces during annual training at Camp Rell.

Connecticut candidates learn leadership at OCS

Pfc. JOSHUA C. JOHNSON
65th PCH

"Who knows how to think in the front-leaning-rest?" asked one of the TAC (Teach, Advise, Counsel) Officers. After a moment of silence he demonstrated, getting into the front-leaning-rest position and putting his elbows on the ground with his hands under his chin.

As Phase One, Officer Candidate Class 52 began at Camp Rell, Niantic, July 15, a platoon of Connecticut Army National Guard officer candidates assumed the thinking position. The stress that gravity puts on the body in this position compares to the stress that war puts on the body and mind of an officer.

The OCS program is designed to simulate stressful situations often seen in the field, so that when the future officers encounter them in real-world situations they won't have to think about the answers, they'll know the answers, said Capt. Robert Movshin, a TAC Officer of the 254th Training Regiment, New Jersey Army National Guard.

During Phase One, officer candidates from Connecticut and other states undergo two weeks of intense training at Camp Rell. The Connecticut OCs are joined by candidates from Region A which consists of the six New England States, New York, and New Jersey. Connecticut is the Battalion Headquarters for Region A's OCS program.

Prior to Phase One, the approximately 80 officer candidates drilled for three months in their respective states. During Phase Zero of the program each Soldier prepared his administrative packet and reviewed his basic soldiering skills, said Capt. Shawn P. O'Dea, TAC officer and full-time operations officer for the Battalion Headquarters.

During Phase One, the officer candidates attend classes on basic leadership skills in areas such as troop leading procedures, combat orders, land navigation, Army training management, and the Pre-commissioning Common Core Tasks, said O'Dea.

"There's a reason behind everything we make them do," said Sgt 1st Class Colleen Smith, senior personnel sergeant, 169th Leadership Regiment, and administrative log, OCS.

That reason is to make them think before they act, because they're going to be officers and they're going to lead Soldiers, maybe even into war, said Smith.

The orders of an officer can either take lives or save lives, said Movshin.

"You just have to keep your head," said OC Evan Lock, Portland, Conn. "I've had good leaders, and I've had bad leaders, and I've learned from them both," said Lock.

"I've seen what it's like to be a specialist, and I want to develop my leadership skills by becoming an officer," said OC Jessica Nasta, Manchester, Conn. "There's a lot of people who settle for that rank, but I have a lot of potential, and I'm up for the challenge."

After the two weeks in July, the candidates will enter Phase Two of the program, during which they will drill one weekend per month in their respective states for 11 months, said O'Dea.

In July 2007, all of the candidates from Region A will consolidate with candidates from across the nation for the third and final phase of the 16-month program.

In Phase Three, said O'Dea, the candidates will receive their final leadership evaluations to determine if they possess the knowledge, skills, and attributes of a Second Lieutenant, to be entrusted with the lives of the soldiers under their future commands.

The Guard needs good leaders, O'Dea said.

The OCS program at Camp Rell will continue to produce the future leaders of Connecticut and America.

Any Guardmember interested in becoming an officer should contact Capt. O'Dea at the Battalion Headquarters phone number: 860-691-4216.

(Editor's Note: Pfc. Johnson has left the Connecticut Army National Guard for active duty with the U.S. Army. We wish him the best.)



Officer candidates face away from the Officer Candidate School bell as they stand in formation during Phase One of the OCS program at Camp Rell in Niantic, July 15. (Photo by Pfc. Joshua C. Johnson, 65th PCH)



An officer candidate faces the Officer Candidate School bell and American Flag while he simulates the front-leaning-rest position during Phase One of the OCS program at Camp Rell in Niantic, July 15. (Photo by Pfc. Joshua C. Johnson, 65th PCH)



An officer candidate performs push-ups during Phase One of the Officer Candidate School program at Camp Rell in Niantic, July 15. (Photo by Pfc. Joshua C. Johnson, 65th PCH)



An officer candidate holds her feet up while performing flutter-kicks under the watchful eye of a TAC officer during Phase One of the Officer Candidate School program at Camp Rell in Niantic, July 15. (Photo by Pfc. Joshua C. Johnson, 65th PCH)

Officer candidates simulate setting up a perimeter using their canteens as weapons. (Photo by Pfc. Joshua C. Johnson, 65th PCH)



es guarding a perimeter during Phase One of the OCS

Recruiting & Retention: Mission One

My Mom and the Army National Guard

A.J. WEAVER
SON OF PVT. LYNN WEAVER

Every Soldier lives by this code. 1. I am an American Soldier - a protector of the greatest nation on earth - sworn to uphold the Constitution of the United States. 2. I will treat others with dignity and respect and expect others to do the same. 3. I will honor my country, the army, my unit and my Soldiers by living the army value. 4. No matter what situation I am in, I will never do anything for pleasure, profit or personal safety which will disgrace my uniform, my unit, and my country. 5. Lastly, I am proud of my country and its flag. I want to look back and say that I am proud to have served my country as a Soldier. This is the code my mom follows as an American Soldier.

She is a loving, fun mom that works hard. Now, at the age of 39 she joined the Army National Guard. My mom always wanted to serve in it. When she joined, it paid off all of her college loans. After she comes back from training the Guard will continue to pay for her to go to college to finish her degree. When she joined she received a sign on bonus. Now she will have an extra income, and have great pension when she retires. My brother and I support her and are proud that she joined the service to keep us safe.

Unfortunately, there are problems since my mom joined the service. She will be gone for six months for training. She might be deployed over seas. If she gets deployed over seas, she will be gone for a total of fourteen months. I will miss my mom if she gets deployed and fourteen months is a lot

longer than six months. While my mom's gone, I'll have to do my own laundry and I'll miss my mom's great cooking.

But there are positive sides to her joining the service. When my mom joined the Guard, it was like we joined a huge family. There are a lot of people in the Guard that are watching over me. For example, Staff Sergeant Brian American (yes, his last name is really American) is coming to my graduation to be there for me in place of my mom. Of course, Staff Sergeant Brian American isn't my mom but it is still nice that he is coming.

This is the creed of the Army National Guard. "I am a member of the United States Army National Guard. I am an American Soldier. I am a warrior and a member of a team. I serve the people of the United States and live the army values. I will always place the mission first. I will never accept defeat. I will never quit. I will never leave a fallen comrade. I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and skills. I am a guardian of freedom and the American way of life." My mom is an American Soldier, and I'm proud of her.

(Editor's Note: Pvt. Lynn Weaver offered her son's essay to the Guardian and we were glad to accept it. Other than a couple of spelling corrections, there has been no editing done on A.J.'s essay. Pvt. Weaver is at Basic Training. We wish her, and her two sons, A.J. and Jonathon, the best of luck.)



Pvt. Lynn Weaver shares a moment with her sons, Jonathon, 10, and A.J., 14. A.J. wrote an essay about his mom joining the Connecticut Army National Guard at the age of 39 and how proud he is of her. Pvt. Weaver is at basic training, and while A.J. says he will miss her while she is gone, he also says he is glad to have the National Guard family watching out for him and his brother. (Photo courtesy Pvt. Lynn Weaver)



A.J. Weaver, 14, (in the driver's seat), and his brother Jonathon, 10, are both proud of their mother's service in the Connecticut Army National Guard. (Photo courtesy Pvt. Lynn Weaver)

Become a Recruiting & Retention NCO

and advance in your career by keeping the CT Guard Strong!

Your mission:

Get trained as a Recruiting and Retention NCO!
Develop relationships with local Centers Of Influence!
Help young people choose a direction that will benefit them for life!
Keep the Connecticut Guard strong, one Soldier at a time!



Recruiters
wanted!

Your benefits:

Full-time work and active duty benefits as an AGR Soldier!
Move into an E-7 slot and get promoted to SFC!
Earn extra income based on performance on top of your pro-pay!
Set your own schedule!
Work independent of your supervisors!
Know, deep down, that you are a positive force in your community!

Motivated SPC thru SFC's encouraged to apply.
For info on application process, contact SGM Carlson at Recruiting/Rentention:

kent.carlson@us.army.mil **860.250.6554**

Rell leads groundbreaking for state-of-the-art Veterans Health Care Facility

Historic event marks first new construction at Veterans Home in six decades

Gov. M. Jodi Rell, joined by members of Connecticut's Congressional delegation and General Assembly, officiated at the groundbreaking ceremony for the new state veterans' health care facility and home in Rocky Hill – marking the first new construction on the campus in more than 66 years.

Construction is already underway on the \$33.8 million, 125-bed residential health care facility that will replace the outdated veterans' hospital built between 1937 and 1940. The new facility is expected to be complete in January 2008.

"Our veterans answered the call of this great nation – now we are answering their needs for a dignified, first-class facility to call their home," said Rell. "This remarkable new facility will significantly enhance our ability to fulfill one of our most important responsibilities in government – to serve and care for those who have served. Today we open a brand new chapter in our care of veterans in Connecticut."

Connecticut is investing an unprecedented \$46 million in federal and state funding in the State Veterans' Home this year.

Rell, with the support of the Connecticut General Assembly, has committed over \$9.2 million in state funding for new construction, infrastructure improvements and existing housing renovations to the State Veterans' Home campus this fiscal year. This is the most state funding provided for improvements to the State Veterans' Home in over six decades.

"This groundbreaking marks a very historic and important event for our state," said Department of Veterans Affairs Commissioner Linda S. Schwartz. "Since 1863, Connecticut has pledged to care for the men and women who defended our freedom. Today we renew that commitment and embellish this proud heritage. Veterans past, present and future will benefit from our efforts here. This facility would not be a reality without the unwavering support and vision of Governor Rell."



Department of Veterans Affairs Commissioner Linda S. Schwartz, Gov. M. Jodi Rell and Congressman Robert Simmons break ground for the \$33.8 million Veterans Health Care Facility in Rocky Hill. Construction has already begun on the 125-bed facility and is expected to be complete in January 2008.

OFFICERS CLUB OF CONNECTICUT
Hartford Armory (860) 249-3634




September 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sep					1	2
Mama Mia at Bushnell (sold out) Sept 15 Beefeaters Nite at O'Club						
3	4 Labor Day O'Club Closed	5 O'CLUB REOPENS WITH DAILY LUNCH SPECIALS BAR AND LOUNGE OPEN AT LUNCH & 4PM -7	6 5 PM Cocktail Reception	7	8 12 Noon Luncheon Permanent Comm on Status of Women (50)	9 NG Drill
10	11	12	13 6 PM Democratic Town chairs mtg	14 5:30 PM Retirement Party (Craig Hancock)	15 Club Nite Beefeater Night Dinner Dance with great menu and Music \$30 Reservations 249-3634	16 1:30 PM Mama Mia at the Bushnell Luncheon BuffetBus to Bushnell
17	18	19 12 Noon Ladies O'Club Lunch	20	21 12 Noon MOAA Lunch Technician Picnic at Camp Rell 5:30 Bd of Gov mtg	22 Rosh Hashanah begins at Sundown (Rain Date for Technician Party)	23 Rosh Hashanah
24	25	26	27	28 6 PM Primary Care Associates Dinner	29	30 Rochambeau Day at Foot guard armory

O'Club open daily for Lunch 1130 AM - 230 PM
Bar & Lounge open at lunch and 4PM - Closing
Beefeaters Nite September 15 See flyer \$30

OFFICERS CLUB OF CONNECTICUT



Presents

BEEFEATERS NIGHT

SEPTEMBER 15, 2006



COCKTAILS 6 - 7 PM DINNER 7 PM

Menu

Appetizer

Assorted Cheeses, Crackers & Fruit, Smoked Salmon & Herb Cream
Rueben Bites w/1000 Isle Dressing, Cheese Lollipops & Vegetable Crudite w/Dip

Salad

Chopped Steakhouse Salad & Caesar Salad

Entrees:

Individually served Black Angus N Y Sirloin w/ Beer Batter Onion Rings

Buffet Line

Fried Cape cod Bay Scallops & Maryland Crab Cakes
Herb Roasted Chicken Breast
Roasted Sweet Sausage, Vegetable Ratatouille, Goat cheese & Fresh Thyme over
Bow-Tie Pasta,
Saffron Boiled New Potato & seasonal vegetables
Sundae Bar Blueberry Crumb - Assorted cookies & Chocolate Fondue w/Fresh Fruit
Assorted Rolls & Butter Coffee, Tea

\$30.00 (plus tax & tip)



Dancing to the Music and
singing of
Joe Campisi

Reservations (860) 249-3634

Military Matters

Premium refund on Servicemen's Group Life Insurance (SGLI) available for OIF/OEF deployers

MASTER SGT. SHARON HORAN
103 MSF

Deployers returning or preparing to deploy in support of Operations IRAQI FREEDOM or ENDURING FREEDOM since 1 Feb 2006, are eligible to receive a refund on SGLI premiums for the first \$150,000 of coverage.

Section 613 of the National Defense Authorization Act for Fiscal Year 2006 (Public Law 109-163) established a new program designed to provide up to the first \$150,000 of SGLI coverage for members while serving in the theater of operations for OEF or OIF any time during a month.

The OSD Memorandum addressing this subject implements this program, retroactive to 1 February 2006, and establishes procedures for the payment of a monthly allowance in an amount equal to the deduction made for the first \$150,000 of SGLI.

For example: current premiums are at a cost of \$3.25 per \$50,000 of coverage. Therefore, \$10.75 is the monthly premium for the first \$150,000 of SGLI.

You will receive a refund for each month of deployment in support of the above named operations. For members preparing to deploy and who do not carry the full \$400,000 coverage, they will have the opportunity to increase your coverage prior to departure.

So what do you have to do if you are returning from deployment?

Nothing! No action is required by the member, other than monitoring your Leave and Earning Statement to ensure the proper refund transactions occur.

For additional information, please contact the Military Personnel Office at 292-2442 or 2368; and Military Pay questions, please contact their helpdesk at 292-2528.

**For
deployment-
related
questions call
1-800-858-2677**

RIRP helps Guardsmen with lost income when delayed

MAJ. ANN C. WARE
COMMANDER, 103 MISSION SUPPORT FLIGHT

Recently, an exciting new benefit was offered to members of the Connecticut Air and Army National Guard who are involuntarily serving on active duty and experiencing a loss of income as a result.

The Reserve Income Replacement Program (RIRP) was developed to provide specific payments to eligible members of the National Guard and Reserve who are involuntary serving on active duty (the term active duty includes full-time National Guard duty) and who are experiencing a monthly active duty income differential of more than \$50.00, as determined by the member's Service Secretary.

An active duty income differential is the difference between the average monthly civilian earned income of the member before mobilization and the member's total monthly military compensation while involuntarily mobilized, when the member's average monthly civilian income exceeds the total monthly military compensation. RIRP is an entitlement that must be paid to all eligible service members.

To be eligible for RIRP payments, the member must be currently serving on active duty in an involuntarily status and have:

- Completed 18 consecutive months of active duty, or

- Completed 24 months of active duty during the previous 60 months, or

- Been involuntarily mobilized for 180 days or more within six months of the previous involuntary period of active duty of more than 180 days

RIRP is effective as of August 1, 2006, the first full month following the 180-day period after enactment of P.L. 109-163. Income replacement payments will be made only for full months of qualifying involuntary active duty performed from August 2006 through December 2008.

The first RIRP payments for eligible service members will occur in September 2006, for duty performed in August 2006 (the first full month authorized for payments). RIRP payments will be made to an eligible member on a monthly basis. RIRP payments may not exceed \$3,000 per month.

For more detailed information about RIRP or assistance in determining/verifying your RIRP eligibility, please visit this website: <http://www.dod.mil/ra>. For additional information, members of the Connecticut Air National Guard can contact the Military Personnel Flight at (860) 292-2442. Members of the Army National Guard should contact CW3 John Godburn at (860) 524-4808.

Congress approves separation incentives for officers; no decision for enlisted

WASHINGTON (AFPN) — As part of the Air Force's Force Shaping Program initiatives, officers are being offered voluntary separation pay to leave the service earlier than scheduled, said an Air Force officer here recently. VSP allows government agencies that are downsizing or restructuring to offer employees a lump-sum payment to voluntarily separate.

The Air Force goal for fiscal year 2007 is to approve approximately 3,200 officers for VSP. There is currently no equivalent plan for enlisted Airmen. Under current public law the Air Force can't offer VSP to enlisted personnel.

The 2006 National Defense Authorization Act, signed by Congress, authorized all military services to pay officers with six to 12 years of service to voluntarily separate in order to assist the services in their force-shaping efforts. The amount authorized is double what officers would get for involuntary separation pay.

While officials can't predict if more incentives will be offered in the future, they have asked Congress for additional legislation to expand VSP to enlisted and to officers with six to less than 20 years of service, according to Lt. Col. William Hampton, chief of retirements and separations branch at the Pentagon.

Even if Congress approves VSP for enlisted Airmen, a decision to implement the program would depend on several factors, said Hampton.

"If we reach our enlisted end-strength goal through the use of current programs, or our fiscal resources are limited even more, we won't offer incentives," he said.

Current plans for shaping the enlisted force include reducing the number of accessions, or new Airmen being recruited, and continued use of the Career Job Reservations and NCO Retraining Program to reach targeted goals.

Chief Master Sergeant of the Air Force Rodney J. McKinley stressed it is important for all Airmen to understand the reasons behind force shaping.

"Our nation is at war, fighting global terrorism with the oldest fleet of aircraft in our history," he said. "We are at a critical time and must modernize and recapitalize our force and our aircraft. It comes down to prioritizing.

"We have to win this war, and more importantly, win the next," McKinley said. "The challenge is doing this within a limited budget. Right now we must put money into our aircraft and that means we need to shift money from other areas. We have to live within our budget."

JOINT FORCES HEADQUARTERS, CONNECTICUT NATIONAL GUARD
PROUDLY HOSTS THE

2006 CONNECTICUT MILITARY DEPARTMENT OFFICER'S DINING IN
AQUA TURF CLUB, SOUTHTON, CT
DATE: 2 NOVEMBER 2006
TIME: 1800 - 2200

PLEASE JOIN US FOR AN EVENING OF CAMARADERIE AS WE CONTINUE THE
TRADITION OF THE OFFICER'S DINING IN.

ALL CURRENT AND FORMER ARNG, ANG & MILITIA OFFICERS.

CHOICE OF PRIME RIB, CHICKEN FRANCAISE OR BAKED SCROD - COST IS
\$50

UNIFORM: ARMY DRESS BLUES, AIR FORCE MESS DRESS, RETIREES
MAY WEAR THE UNIFORM OR A BUSINESS SUIT AS MEETS THEIR DESIRES

HIGHLIGHTS

- TRADITIONAL PUNCH BOWL CEREMONY
- KEYNOTE SPEAKER TO BE DETERMINED

CONNECTICUT ARMY NATIONAL GUARD
POINT OF CONTACT: CW4 TONY UVA
PHONE: 860-493-2750
FAX: 860-493-2751
EMAIL: ANTHONY.UVA@US.ARMY.MIL

PLEASE MAKE CHECK PAYABLE TO: DROHAN GUARD ASSOCIATION
PLEASE MAIL THE RESPONSE TO:

CW4 TONY UVA
2006 OFFICER'S DINING-IN COMMITTEE
360 BROAD STREET
HARTFORD, CT 06105

PLEASE RETURN NLT 20 OCT 06 PROTOCOL DICTATES RESPONDING
EITHER WAY

RANK: NAME: _____
ORGANIZATION: _____
MAILING ADDRESS: _____
I WILL - WILL NOT ATTEND (CIRCLE ONE)
MEAL CHOICE: PRIME RIB CHICKEN SCROD (CIRCLE ONE)



CHIEF MASTER SGT.
ROBERT HALL

Enlisted Update

Fellow Airmen and Soldiers, let me start by introducing myself for those of you who may not know me.

I am Command Chief Master Sergeant Bob Hall. I have the honor of serving as the State Command Chief for the Connecticut Air National Guard.

I have been in the Connecticut Guard since April of 1990. Prior to that I served on active duty for nearly 11 years.

My first assignment in the Guard was at the 103 Air Control Squadron in Orange, as a Ground Radio Maintenance Technician. After a few years I became the NCOIC of the Ground Radio Section.

I had the opportunity to deploy with the unit to Turkey in 1991 and several stateside deployments throughout the years. Shortly after the tragedy of 9/11 the unit was deployed to Afghanistan. I was selected to remain and serve in the position of Acting First Sergeant during that timeframe which ultimately led me to my current position. During that time I became even more cognizant of the fact that people are the most valuable asset that the Guard has and that their well being is crucial to their ability perform their assigned duties.

That is my main focus as the Command Chief, to ensure that each Airman is receiving the training, recognition, and support they need to maintain their skills, morale, and well being. One of the means which I intend to do this is through direct dialogue with as many of you as I can during the course of the UTAs and at social events. I will do my best to ensure that any information concerning changes to missions, new missions, and so on

that may be in the future is getting to you accurately and timely.

What I expect from each of you is active participation, continued excellence in your assigned tasks, focus on the mission at hand. There is nothing more important than maintaining the level of detail and following the established guidelines that were achieved during the most recent Unit Compliance Inspections.

The next few years will bring more challenges and more opportunities for each of you to demonstrate your abilities. Every Airman must be able to step up and face these challenges with confidence and courage.

As NCOs and SNCOs it is your responsibility to make sure that the Airmen within your control are prepared to do that. Take that responsibility very seriously. I urge every supervisor to take the time to get to know your troops well. What are their goals? What motivates them? Are they ready to take your place? If they are you've done your job. If they are not, you need to change that.

This drill we will be enjoying a day with our families at Camp Rell. It is meant to be a day where those important people in your lives can share the experience of being a member of the Connecticut National Guard with you. Don't deprive them of that experience. Enjoy the day and thank them for their support as well. I look forward to seeing you there on Saturday.

On a final note I want to remind all the SNCOs of the Annual Dining In that is rapidly approaching. Invitations should be arriving soon. This is a wonderful event that every SNCO should attend. The food is great and the company is even better. I hope to see you all there.

Have a safe and productive UTA.

Twenty Fifth Annual SENIOR NONCOMMISSIONED OFFICER FORMAL DINING-IN

DATE:	5 October 2006 (Thursday Evening)
TIME:	1830 Hours
PLACE:	Aqua-Turf Club, Southington, Connecticut
COST:	FIFTY DOLLARS (\$50.00)
ELIGIBILITY:	Non-Commissioned Officers and Chief Petty Officers, E-7 and above. All eligible ARNG and ANG NCOs are expected to attend. CPOs are invited to attend. Retirees are most welcome.
UNIFORM:	Army Dress Blues with Bow Tie or Army Greens with white shirt and black bow tie. Appropriate attire for other services. Retirees may wear the uniform or a business suit as meets their desires.
HOST:	State Command Sergeant Major, Connecticut Army National Guard CSM Raymond P. Zastaury, Jr.
GUEST SPEAKER:	CSM (Ret) Anthony V. Savino
APPLICATION DUE DATE:	Military Protocol requires prompt response (within 72 hours of receipt of flyer).

No responses accepted after 30 September 2006

The formal military dinner ceremony known as the "Dining-In" is an old and traditional military affair believed to have its origins in medieval England. The Dining-In is now recognized as an occasion to foster ceremony, tradition, and camaraderie within an organization and to emphasize their importance in the life of a service member. It is an excellent occasion to bid farewell to service members who have departed, to welcome new ones, and to recognize the achievements of military service and individual members. Please note the guest speaker!

The cost of the affair includes a full course dinner (main entree: Roast Prime Ribs of Beef, or a fish entree upon special request) and refreshments before and during dinner. A cash bar will be available after dinner. On receipt of your application, you will receive a mailing that will include specific uniform and protocol information.

The Aqua-Turf Club is located on Mulberry Street in Southington, Connecticut. It is a short distance from Routes 84, 691, 10, and 322.

Your support of the only Senior Noncommissioned Officer activity, the Dining-In, has been superb. It is requested that you continue to support this, your Dining-In, and continue the great tradition. Submit your application to attend as soon as possible after receipt of this notice. Early response enables the committee to better plan the Dining-In and make it a more enjoyable evening for all.

NOTE: Seating will be arranged with unit integrity or upon a specific request for tables of ten. Appropriate fines will be imposed for violations of the Mess. Cost of fines will range from \$1.00 to whatever is deemed appropriate by the President or Mister Vice.

I look forward to seeing you there!

DETACH AND MAIL PORTION BETWEEN DOUBLE LINES

I will attend the Senior NCO Dining-In on 5 October 2006.

My check in the amount of \$50.00 is attached.

NAME: _____ RANK: _____

Home address: _____

_____ Zip Code: _____

UNIT: _____

Indicate your preference for Fish in lieu of Roast Beef: _____

MAKE CHECKS PAYABLE TO: "HQ Activities Fund"

Mail returns to: State Command Sergeant Major
Connecticut National Guard
National Guard Armory
360 Broad St.
Hartford, CT 06105-3795

PLEASE SPREAD THE WORD CONCERNING THE DINING-IN!
Let other E7s and above NCOs and CPOs, who have never attended, know about this grand affair. NCOs and CPOs make it happen!

Call the
Handyperson Hotline
today to volunteer
your skills
(860) 209-0770

Send Letters to the Editor to:
Editor, Connecticut Guardian, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795
or by email to: ctguardian@ct.ngb.army.mil
All letters must be signed and include a phone number for verification.
Letters may be edited for grammar, spelling and space, but not for content.

Homefront

In defense of Connecticut's children: What I did on my summer vacation

A look into the Counter Drug Program's summer activities

TECH. SGT. HEATHER KLEIN
DDR

As the summer starts to wind down, many of us look back on summer 2006, and think of all the great memories we have had with our friends and family. Whether it be relaxing days at the beach, family reunions, or the kids going to camp, this summer has been a great time for us all, including the Counter Drug staff and the many organizations we have supported over the past few months.

Many of you are familiar with what the Counter Drug program does, as some of you and your families have been a part of a supported event throughout the years. But for the others who are not aware of what we do, the summer is a great time to show what we have been up to and how we are making a difference in our youth throughout the state.

To kick off the summer, the Counter Drug staff headed to the campus of CCSU in support of "Central in The City", a day camp for the youth of New Britain. The focus of the week was to educate the many opportunities that are available to those who decide to continue their learning after high school and go to college. The kids learned that in order to be successful in college and in your career, you must remain drug free and make smart decisions.

As the Fourth of July came and went marking the summer half over, Counter Drug found themselves involved in yet another great community program. The Just Say Nay program, which is conducted by the Governor's Horse Guard, invited Counter Drug to help support a four-day camp in Avon, Conn. The children were educated by the motivational Counter Drug staff that reinforced the negative aspects of using drugs and the benefits of being committed to a healthy drug-free lifestyle. The camp also offered the kids the opportunity of one-on-one training with their very own horse, which was a memorable experience not only for the kids but the staff as well.

Also in July, the Counter Drug program supported Aviation Career Education (A.C.E.)

camp, which took place in Groton, Conn. During the week, the kids were given an overview of aviation careers through classes and "hand-on" experience. Counter Drug staff, along with the Groton DARE police officers, emphasized the importance of life choices that are drug-free. Students of ACE were taught the history of flight, mapped out their own flight which they completed at the end of the week.

August seemed to be another busy yet very eventful month as the Bradley Air Cadet Program and Drug Education for Youth Camp topped off the summer for Counter Drug. East Hartford, Simsbury, and Bridgeport participated in the one-day aviation Bradley Air Cadet Program, which focuses on substance abuse awareness. The students had a tour of Bradley ANG which includes a demonstration of an A-10 pilot's survival equipment, and sit in the cockpit of an A-10 simulator. The kids also visited the Army Aviation Support Facility where they are able to explore the CH-47 Chinook and UH-1 Huey helicopters.

Drug Education for Youth Camp (DEFY), took place at Camp Rell during two weeks in August and taught the youth of Willimantic, Bridgeport, and New Haven drug prevention skills, conflict resolution, life opportunities, physical fitness, and teamwork. Many Counter Drug staff and other military volunteers participated in making this a memorable experience for the youth. Our hope is that the lessons learned will have a positive impact when they deal with difficult life choices as they get older.

As one can see, this summer has once again turned out to be a great success with the help of the Connecticut National Guard, communities and organizations around the state.

Because of the support from the National Guard and the community year after year, we are able to make a positive impact that we hope will lead today's youth to a brighter future.

For information regarding any of these programs, please contact Tech. Sgt. Heather Klein at 860-524-4960.



CENTRAL
CONNECTICUT STATE UNIVERSITY

1615 Stanley Street P.O. Box 4010 New Britain, CT 06050 - 4010 www.ccsu.edu

July 20, 2006

LTC Kim Cyr
Counter Drug Program
Connecticut National Guard
360 Broad Street
Hartford, Connecticut

Dear LTC Cyr:

My apologies for not sending a letter sooner for I was out of town. I would like to thank you, the Counter Drug Program and especially the mentors who participated in our program June 26th - 30th. Despite the unexpected set of events that occurred with the Department of Health (DPH), it was a tremendously successful week for the youth. We have received an unbelievable amount of positive feedback from parents and the campus community.

Would you forward the names of all the guard who were here during the week so I may forward certificates to each?

Most especially, I wanted to share with you the response from numerous campus administrators and staff who were "amazed" at the participation of the Guard and so **impressed** by their active positive engagement with the youth. They really enjoyed seeing them "out on the green" participating in activities with the youth and hearing "lots of laughter." In a conversation with the Dean of Education and Professional Studies this morning, he once again expressed how impressed he was with the guard members and he continues to share this with others throughout the university.

Once again, thank you for all your support and assistance.

Sincerely,

Dr. Catherine R. Baratta
Associate Professor and Chair, Department of Social Work
Central 'n the City Coordinator

Membership Opportunities

in the

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Visit the
Connecticut Guardian
on-line at

www.ct.ngb.army.mil

Veterans' Assistance

Understanding Post-Traumatic Stress Disorder

DANIEL J. McHALE
STATE BENEFITS ADVISOR -CT

(Editor's Note: This is the fourth and final part of a series on PTSD)

Who is available to provide psychotherapy?

There are many different types of professionals qualified to practice mental health treatments (psychotherapy), including psychiatrists, doctoral-level clinicians, masters level clinicians, clinical social workers, clinical nurse specialists, nurse practitioners, and marriage and family therapists. Below we describe some of the most common of these professionals.

Clinical Psychologists

Clinical Psychologists have doctoral degrees (Ph.D., Psy.D., Ed.D.) from graduate programs that specialize in the study of clinical, research, and educational psychology. Programs that are approved by the American Psychological Association (APA) must meet specific teaching and training requirements that adhere to ethical, academic, and clinical standards. In addition to 4 years of course work, clinical psychologists must complete 1 year of supervised clinical training. After the fifth year of training, clinical psychologists must have another 1 to 2 years of supervised clinical experience to be eligible for licensure. Licensure is granted after passing an examination given by the American Board of Professional Psychology. Licensure allows the psychologist to practice psychotherapy without formal supervision. Although psychologists are doctors, they cannot prescribe medications.

Clinical Social Workers

Certified social workers have a master's degree or doctoral degree in social work (MSW, DSW, or Ph.D.). Graduate training for the master's level requires at least 2 years of schooling beyond the 4 years necessary for the undergraduate degree. To be licensed, clinical social workers must pass an exam given by the Academy of Certified Social Workers (ACSW).

Masters Level Clinicians

Masters Level Clinicians have a master's degree in counseling or psychology (MA). Graduate training for the master's level requires at least 2 years of schooling beyond the 4 years necessary for the undergraduate degree. To be licensed, masters level clinicians must pass an exam as well as other qualifications that vary by state.

Psychiatrists

Psychiatrists attend medical school and have a medical degree (MD). As with other medical specialties, psychiatrists participate

in a 3- to 4-year residency training in psychiatry after they complete 4 years of medical school. Child psychiatrists must complete at least 1 year of concentrated clinical experience with children. Board certified psychiatrists have also passed a written and oral examination given by the American Board of Psychiatry and Neurology. Psychiatrists, like medical doctors, can prescribe medications and also provide psychotherapy.

How do I find a qualified therapist?

Selecting a therapist is a highly personal matter. A professional who works very well with one individual may not be a good choice for another person. There are several ways to get referrals to qualified therapists such as licensed psychologists.

Listed below are some ways to find help. When you call, tell whomever you speak to that you are trying to find a mental-health provider who specializes in helping people who have been through traumatic events. Check this website regularly for updated information on how to get help. We will be listing more ways to get help as they become available.

For veterans

VA medical centers and Vet Centers provide veterans with mental-health services that health insurance will cover or that costs little or nothing, according to a veteran's ability to pay. VA medical centers and Vet Centers are listed in the phone book in the blue Government pages. Under "United States Government Offices," look in the section for "Veterans Affairs, Dept of." In that section look for VA Medical Centers and Clinics listed under "Medical Care" and for "Vet Centers - Counseling and Guidance," and call the one nearest to where you live. On the Internet, go to <http://www.va.gov/> and look for the VHA Facilities Locator link under "Health Benefits and Services," or go to www.va.gov/rcs.

For more information see Specialized PTSD Treatment Programs in the U.S. Department of Veterans Affairs

Resources:

The VA Medical Center system's specialized PTSD clinics and programs can provide to eligible veterans educational information and diagnostic evaluations concerning PTSD.

The Readjustment Counseling Service's community-based Vet Centers provide information and diagnostic evaluations concerning PTSD to any veteran who served in a war zone or in a military conflict (such as in Vietnam, Panama, Grenada, or Somalia, the Gulf). There are no co-payments or charges of any kind for Vet Center confidential services. Please call 1-800-905-4675.

VHA has a Combat Veteran Fact Sheet that provides information and lists questions and

answers on this health care provision. That fact sheet can be found on VA's Internet Web site at the following URL: <http://www.va.gov/healtheligibility/DOCS/CombatVeteranFactSheet.pdf>

For more information about these treatment programs, including locations and contact information, go to the United States Department of Veterans Affairs website. The website provides a wide range of information on veterans' benefits and treatment facilities.

THE MOST IMPORTANT ISSUE FOR THE VETERAN TO REMEMBER IS: CONVERSATIONS WITH HEALTH CARE PROVIDERS ARE TOTALLY CONFIDENTIAL.

For the last three months I have had submitted articles on PTSD (Post Traumatic Stress Syndrome) in the *Connecticut Guardian*. As stated before; "At some point in everyone's life, you will be confronted with a traumatic experience (Stressor's), whether it is from being in a War zone, results of a traffic accident, domestic violence, natural disaster survivor, terrorist incident, etc." Every individual reacts differently to stressful situations both physically and mentally. Showing signs or symptoms associated with PTSD, anxiety, depression, etc. should not be construed as weakness, is only an individuals mind and body coping with a traumatic experience". With that said, the symptoms of stress and anxiety appear in all individuals, without regard to race, creed, color, religion or age. In other words symptoms occur without prejudice! Specific ranks can be associated with age and more experience. The more senior you are, the older and more experienced you are, i.e.: Lieutenants early twenties, Captain's, mid to late twenties, LTC's forties to early fifties,

For more information on PTSD or other Veteran's issues, contact Daniel McHale at (860) 524-4908 or via email at daniel.j.mchale@us.army.mil

COL's to early fifties on. This is especially true in the National Guard where age of rank is achieved a lot slower than in the active components. As a Colonel, my peers in the AC were approximately 10 years younger. The same is true with the Non-commissioned Officers (NCO's), the more strips the older and more experienced you are.

My point is, PTSD doesn't discriminate. We tend to focus on the younger soldiers and their exposure to stressors and forget about the Senior leadership that has experienced the same situations. We do this for several reasons; we perceive the younger soldiers as more impressionable and vulnerable because of the lack of experience with such situations, therefore requiring more attention. For the senior leadership, the "Warrior Ethos" and the "tough it out attitude" that higher ranking soldiers are supposed to exhibit, could possibly keep them from getting the proper treatment and care they need. The Key word there is "Soldiers not SFC, or 1st Sergeant, Major's, or Colonel's, but the individual. Statistics show one in three returning soldiers from OIF/OEF exhibit some form or signs of PTSD, but the debilitating disorder doesn't differentiate or categorize by Soldiers. We cannot let these individuals "fall through the cracks!"

Take your career to a higher skill level,
Enjoy the many benefits, become a

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You need:

Rank of SGT or higher

110 GT score

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frank.voity@us.army.mil

860.691.4243

Guarding Your Rights

Legal Affairs: *Commissioned, Noncommissioned, Warrant Officers*

2ND LT. JOSEPH E BROOKS
LEGAL ASSISTANT

As a newly commissioned Second Lieutenant in the Connecticut Army National Guard it was important for me to understand what it means to be an officer in the United States Army.

I don't mean in the sense of how I plan to serve or my philosophy on leadership, although I certainly have had to think about that as well. I am referring to the literal definition of an officer, why there are three different types of officers and why the system is structured the way it is.

The United States Army has three forms of officers; Commissioned Officers, Noncommissioned Officers and Warrant Officers.

These three unique entities exist for a higher purpose than to denote who salutes whom. They exist to denote roles in the organization each fulfilling a purpose to create the leadership of the organization. Since they each serve a different purpose in the organization they each receive their authority in a different way.

The most recognizable form of officer is the Commissioned Officer. This encompasses the ranks of Second Lieutenant through General.

The term Commissioned Officer refers to the fact that they derive their authority directly from a sovereign power. In the case of the United States the Commissioned Officers are given authority by the President.

Commissioned Officers receive their training through either a commissioning program, such as OCS or ROTC, through a military academy or through a direct commissioning based on specialized education.

Commissioned Officers are considered to specialize in leadership, management and planning as well as in their designated military occupation specialty (MOS). They form the highest echelons of command and are ultimately responsible for everything that occurs under their command.

Noncommissioned Officers (NCOs) are officers who originate from the enlisted ranks and receive their authority through experience and demonstrated leadership. This encompasses the ranks of Sergeant through

Sergeant Major. NCOs are widely considered the backbone of the Army because it is at the NCO level where the planning becomes action.

It is the Commissioned Officers job to make a plan and supervise the execution of it but is at the NCO level where the experience of and knowledge in a MOS is put into practice.

Junior NCOs are the first tier of military leadership. They serve as supervisors and technical leaders putting into practice the skills they have developed as they have risen through the enlisted ranks.

Senior NCOs often use their experience and knowledge to serve as advisors to the Commissioned Officers as well as in the supervision of the Junior NCOs. Their focus generally remains on their special area of knowledge, however, they are also expected to exercise leadership on a more general level.

A select few Senior NCOs serve at the highest levels of their service, advising their service Secretary and Chief of Staff on all matters pertaining to the well-being and utilization of the enlisted force.

The final category of officer is the Warrant

Officer. The first rank of Warrant Officer receives a warrant from the Secretary of the Army. While Warrant Officer is not a commissioned officer, the subsequent ranks, referred to as Chief Warrant Officers are also Commissioned Officers and receive their authority from the President.

Warrant Officers were originally highly skilled, single-track specialty officers but over time their contribution and expertise as a community has been ever-increasing. As leaders and technical experts, they provide valuable skills, guidance, and expertise to commanders and organizations in their particular field.

These three types of officers work together to form the organizational leadership of the United States Army and of the Connecticut Army National Guard. Each type of officer has their own unique specialty and origin which dictates their role. They operate together to keep the organization mission focused and functional.



WAYNE E. TRAVERS JR.
CTESGR PUBLIC AFFAIRS OFFICER
WAYNE.E.TRAVERS@US.ARMY.MIL

On a recent night, the Bridgeport Bluefish topped the Road Warriors 6-1 in an Atlantic League match-up, but the real winners were the Fairfield County employers recognized by the Connecticut Committee for Employer Support of the Guard and Reserve.

CTESGR recognized Bridgeport Hospital, Graham Capital Management, Fairfield Police Department, Westport Fire Department, Willinger, Willinger & Bucci, Investmark Financial Services and The Morganti Group with ESGR's "Patriot Award," which included a certificate and a Patriot lapel pin presented on behalf of the Department of Defense.

All members of the National Guard and Reserve forces are eligible to nominate their employers for the certificate, which is the most frequently presented. A "Patriot Award" nomination is subsequently used by the local ESGR Committee as the basis for consideration to receive higher level awards.

Representatives from each organization

enjoyed a night of baseball under the stars courtesy of Cubitt Jacobs & Prosek Communications, which donated the use of a skybox for the evening. Accepting an award on behalf of Graham Capital Management was Thomas P. Schneider, executive vice president, chief trader and principal, who is also a co-owner of the Bridgeport Bluefish.

CTESGR has partnered with numerous organizations around Connecticut, including the Connecticut Business and Industry Association and the Business Council of Fairfield County to host awards programs or educational events.

To nominate an employer, service members can use the "Patriot Award Form" form available at www.esgr.com. By pressing the "submit" option at the bottom, the nomination arrives at National ESGR Headquarters within moments.

Copies of the nomination form can also be obtained from the Connecticut Committee for Employer Support of the Guard and Reserve, the National ESGR Headquarters or by using ESGR's toll-free number - (800) 336-4590.

CTESGR takes employers out to the ballgame



Thomas P. Schneider of Westport, executive vice president, chief trader and principal of Graham Capital Management, accepts the "Patriotic Employer" award from CTESGR Public Affairs Chairman Wayne E. Travers Jr. during a "Fairfield County Awards Night" hosted by the Bridgeport Bluefish and CTESGR. Schneider is also a co-owner of the Bridgeport Bluefish.



Welcome Home Co. G, 126th Aviation



Inside OCS

Duty, Honor, Country

OC KARLA BAIER
OCS CLASS 52

It has been said that the most common words associated with an Army Officer are "Duty, Honor, and Country."

To me, duty means there are tasks and responsibilities I must complete simply by becoming an officer, and more immediately by volunteering to attend OCS.

I have a responsibility to my classmates to complete the tasks asked of me in a timely manner to ensure the training runs effectively.

Each month new leadership positions are assigned to members of the OCS class to give each of us the chance to learn by experience. The class also has all of the 'S positions' assigned.

The training is guided by instructors and TACS, but the students have a lot of control over how the training is run. The students in leadership positions make decisions for the upcoming drill, while the students in the 'S positions' create SOPs for the remainder of the 14 months.

I am assigned as the Class S-1. Since S-1 involves dealing with pay and personnel issues, I am pretty busy throughout the

month. My classmates rely on me to take care of their personnel concerns. It is my immediate duty to take care of my fellow classmates.

To some, honor means officers are due respect simply by being officers. I think it is something we as Officer Candidates must earn for ourselves.

It develops from holding ourselves to the highest level of integrity in all accounts of our lives, both personal and professional. It means standing up for or doing what is right even when no one is looking. It implies having pride in ourselves, our training and our military heritage.

It means understanding that it is a privilege simply to be accepted into OCS, and even more of one to earn a commission. Honor is a word I am growing into.

Country is more difficult to define. It means more than simply loving everything about the great United States of America.

It means that even when I do not necessarily agree with everything that is happening around me, I have faith that the leaders above me have the knowledge and understanding to make the best decisions they can. The best decisions they can for

the nation as a whole, as well as for the ever shrinking global community. It means that I will do whatever it takes to defend what this country stands for.

It means I *believe* in what this country stands for. I understand the sacrifices my fellow soldiers have made and are continuing to make to ensure this world becomes a better place for all people; I understand I may have to make the same sacrifice and I am willing to make that sacrifice if it becomes my duty to do so.

OCS Class 52 is just beginning, and the training I am receiving has equaled or surpassed any training I have received in the past.

The physical and mental training is rigorous. It is designed to ensure only the sharpest minds and fittest bodies become the future leaders of the Connecticut National Guard and United States Army.

Army Officers are leaders. Although I have much yet to learn, I am confident that with the quality of physical and tactical training I will continue to receive, I will be prepared to be an effective 2nd Lieutenant, and live up to those three words: Duty, Honor and Country.

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Why Diversity

Connecticut Army National Guard Soldiers will have opportunity to participate in Defense Equal Opportunity Climate Survey

During the month of October, Connecticut Army National Guard Soldiers will be afforded the opportunity to participate in the Defense Equal Opportunity Climate Survey (DEOCS). The DEOCS is designed to measure climate factors associated with the military equal opportunity (EO) program. The survey is being conducted as a proactive measure, maintaining a strong command focus on the continual improvement of the human relations' climate of the Connecticut Army National Guard.

Developed and managed by the Defense Equal Opportunity Management Institute, the survey consists of 63 items. These items are specifically designed to assess the "shared perceptions" of respondents about formal or informal policies, practices, and procedures likely to occur within one's respective unit and the overall organization. Through a statistical technique known as factor analysis, the DEOCS measures eight equal opportunity climate factors, to include: sexual harassment, sex discrimination, differential command behavior, positive equal opportunity

behaviors, racist behaviors, age discrimination, religious discrimination, and the overall equal opportunity climate.

In addition to measuring equal opportunity climate factors, the survey is also designed to provide commanders with a "snapshot" of perceptions of organizational effectiveness. Factors included in measuring organization effectiveness include organizational commitment, trust in the organization, perceived work group effectiveness, work group cohesion, leadership cohesion, and job satisfaction.

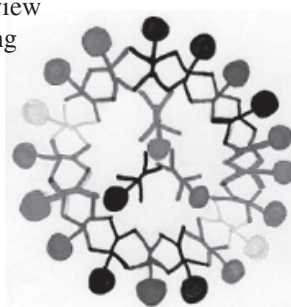
Soldiers may participate in the survey either online or through completing a paper format. Participation in the survey is confidential and strictly voluntary. Participation, however, is highly encouraged, as failure to participate will lessen the ability of the commanders in identifying concerns affecting equal opportunity, organizational effectiveness, and readiness.

A strong rate of participation will ensure that survey results provide leadership with

a good overview of the existing organizational climate.

Survey results, however, are only the first step in the process of working toward improving the human relations' climate. Results will play a vital role in tailoring future training and action planning. In this respect, the DEOCS may best be viewed as a "springboard" for action.

The DEOCS is coordinated through the office of the Human Relations/Equal Opportunity Officer, Lieutenant Colonel William DiCristofaro and State Equal Employment Manager, Captain Amy Flynn. For more information please contact Captain Amy Flynn at (860) 878-6728 or amy.flynn@us.army.mil.



INFORMATION

Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Use secure communications when discussing classified or sensitive information. Handle and discard emails, documents, correspondence and emails appropriately. Practice good computer security when accessing the Internet. Our enemies are utilizing any weaknesses encountered before. Don't leave them with information that can harm us.

Health & Fitness



Medical Notes

COMMENTARY BY COL. GEORGE NICOLAS
325TH MEDICAL GROUP

VANCE AIR FORCE BASE, Okla. (AFPN) — In our new air expeditionary force culture, an increasing number of duties and decreasing number of Airmen demand new-found levels of excellence in all areas of life.

Technical ability, time management, critical thinking and physical stamina are but a few areas we must constantly work on to operate at peak performance levels.

Being overzealous to be the best, we all look for ways to enhance ourselves. One of the areas some concentrate on most is increasing physical stamina.

A solid exercise routine, nutritionally balanced diet and rest-cycle plan is key to any physical training endeavor. The nutritional balance portion of any plan is not real difficult for the average person, but those who want that edge can be



Dietary supplements - a blessing or curse?

attracted to nutritional or performance-enhancing supplements.

Today's marketing of these products can be very seductive, which is why they are so popular. The supplements industry brings in more than \$1 trillion a year and is essentially unregulated due to the 1994 Dietary Supplement Health and Education Act.

Manufacturers of these products are not held to content, concentration or purity standards. Just because something is deemed natural or organic does not automatically make it good for you.

There has been a recent increase in Airmen purchasing performance enhancing supplements online.

It is very important that all Airmen realize these products are not regulated by the FDA or any government entity, and many of these products are banned by Air Force regulations.

They can contain ephedrine, hemp extract or even anabolic steroids, which really carry a

serious safety risk for people who use them, even short term, in hopes of increasing their physical performance.

"These products are dangerous and will often cause severe medical problems such as liver failure, kidney failure, heart damage, stroke and hormonal imbalances within a month of their use," said Capt. Richard Greco, 325th Medical Group Family Practice physician.

"They can also cause sleep disturbance and even sexual dysfunction."

One \$50 bottle of a performance enhancing supplement taken for more than a one month can easily result in \$16,000 in medical bills and lost duty time, not to mention the possibility of a liver transplant to save a life.

Many of these supplements have medicinal properties that can and do interact negatively with prescribed medication as well as directly affect critical

organs like the heart, liver and kidney.

Most importantly, all Airmen should avoid commercially available performance enhancing supplements. They are marketed under various names and often contain ingredients that are in violation of Air Force regulations and could ruin a career or a life.

While not all supplements are bad, get as much information as you can from the professionals. Research the product. A good place to start is www.fda.gov. A product that sounds too good to be true, probably is.

Airmen interested in improving their performance should make an appointment with their primary care manager and visit the health and wellness center.

If you know a fellow Airman who is taking one of these products, especially the performance enhancers, be a good wingman and advise them to stop using them and see their primary care manager.

Chaplain's

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(MAJOR) CHAPLAIN
JOSEPH D. NGUYEN

Last night I went to visit a priest's friend and had dinner with him. As we were sitting down to eat, he told me, "Joseph, this might be our last meal on earth because of the way things are happening around the world." He is so right. Looking at the situation in North Korea, I become worried what might happen to our world. That situation has not resolved and now there is the major conflict in the Middle East. Over the last two days, Hezbollah rained many rockets into northern Israel. In retaliation, Israel launched air strikes on Lebanon.

While we ate, we discussed the crisis in the Middle East. My friend is so angry with what is happening. He told me that these people have been fighting over two thousand years and they are not going to stop fighting now. "I am not going to get involved with the fighting. Our country should stay out of it."

It is the sad situation because it brought back memories for me when I was still living in Viet Nam. I had witnessed the fight between the North and South first hand where many people died. People lived in fear because the next explosion could take

Starving for Peace

their lives. I was very afraid what would happen to my parents and my siblings. Day in and day out, I prayed that the fighting would cease, but to no avail.

On the way home, I thought to myself, "Who will be able to settle this particular mess in the Middle East right now?" I don't have an answer, but I will continue to pray that somehow peace will be restored for these people.

After spending time in prayer, I feel that the only person who can settle this mess is Jesus himself. He is the Prince of Peace and with his help all things are possible - not according to our time but to his.

In the meantime, let's ask God to give us the true peace within ourselves so we can spread that peace to those around us. I think we all should sing in unison, "Let there be peace on earth....."

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Maj/L. Rolstone x 4934

Application: Volunteer memorandum through your Chain of Command.

(All Volunteers / Soldiers will be involuntarily mobilized)

Combating Substance Abuse: *Inhalants – Just one time is risky*

CW4 TONY UVA
SUBSTANCE ABUSE PREVENTION EDUCATION OFFICER

They're all over your house. They're in your child's school and you probably picked some up the last time you went shopping.

Educate yourself on the dangers of inhalants. Inhalants are substances that produce a quick, temporary high; lightheadedness; and a general good feeling when their gases or fumes are breathed. The high usually lasts only a short time, from a few minutes to about three-quarters of an hour. It may be followed by after-effects, such as drowsiness, headache, or nausea, which last for an hour or two.

Inhalants are legal, everyday products which have a useful purpose, but can be misused. They are readily available and relatively cheap. More than a thousand common household products can be used to get high. Some of the common street terms are "Air Blast, Buzz Bomb, Glading, Huffer, Bagging Climax, Gluey and Poor Man's Pot."

There are four classes of inhalants, volatile solvents, aerosols, gases and nitrites. You're probably familiar with many of these substances – paint thinners, removers, dry-cleaning fluids, degreasers, gasoline, glues, correction fluids, felt-tip marker fluids and on and on.

According to the 2004 National Survey on Drug Use and Health, approximately 22.8 million Americans ages 12 and older reported using inhalants at least once during their lifetimes. Most inhalants produce a rapid high that is like alcohol intoxication.

The chemicals are soaked into the lungs, then into the bloodstream. Using inhalants even just one time can put you at risk for sudden death (presumably from cardiac arrest).

This is called "sudden sniffing death syndrome" and it can happen to anyone, even an otherwise healthy person.

Other effects include suffocation (typically seen with inhalant users who use bags), asphyxia (solvent gases can significantly limit available oxygen in the air, causing breathing to stop), visual hallucinations, severe mood swings, numbness and tingling of the hands and feet, loss of muscle control, slurred speech, headache, muscle weakness, abdominal pain, decrease or loss of sense of smell, nausea and nosebleeds, hepatitis, violent behavior, irregular heartbeat, liver, lung, and kidney impairment, brain damage, nervous system damage, dangerous chemical imbalances in the body, and involuntary passing of urine and feces.

Many State legislatures have attempted to deter those who buy legal products to get high by placing restrictions on the sale of these products. Currently, 38 States have adopted laws preventing the sale, use, and/or distribution of various products commonly abused as inhalants. Some States have introduced fines, incarceration, or mandatory treatment for the sale, distribution, use, and/or possession of inhalable chemicals.

Treatment facilities for inhalant users are rare and difficult to find. Users suffer a high rate of relapse, and require thirty to forty days or more of detoxification. Withdrawal symptoms can include hallucinations, nausea, excessive sweating, muscle cramps and tremors. Follow-up treatment is very a important road to recovery.

If you think someone is abusing inhalants be a friend and try to get them help. Also be a friend to your body, and don't go sniffing, not even once.

The Connecticut National Guard has a number of useful Web Sites. Log on to "<http://www.ct.ngb.army.mil>" for helpful information about alcohol and drug abuse treatment. Remember drug abuse is incompatible with military service.

If you feel that you or someone has a particular problem, contact your chain of command.



INFORMATION
Security Begins With You!

The success of America's campaign against terrorism depends on you. Don't help America's enemies plan another attack. Check the secure communications when discussing classified or sensitive information. Handle and discard memos, documents, correspondence and e-mails appropriately. Practice good computer security when accessing the Internet. Our enemies are unlike any we've encountered before. Don't let them win with information that can harm us.

Connecticut Military History: *Benedict Arnold attacks New London*

COL. ROBERT CODY

The fight for American independence was in its sixth year in 1781. The main effort of the Revolutionary conflict by this time had moved south. A combined French - American force under General George Washington and the Comte de Rochambeau was hurrying south to attack General Charles Cornwallis in Virginia.

British General Sir Henry Clinton planned a diversion to keep Washington and Rochambeau from concentrating their forces in Virginia. He hoped an attack against New England would divert some troops and take the pressure off Cornwallis. General Clinton, who had once lived in Norwich, Connecticut, sent Benedict Arnold another Connecticut native with thirty-two ships and 1,700 soldiers to attack New London.

At first light on Thursday, September 6, 1781, the residents of New London sighted the British fleet as it sat at anchor in Long Island Sound. The order was given on shore to fire two cannons, the alarm signal, which would warn everyone of the impending attack and alert the militia to their posts. From somewhere in the formation of enemy ships came a third cannon report. Being from the area, General Arnold knew that three cannon blasts signaled a privateer coming into port with a prize. This ingenious deception caused a serious delay in the defenders' response.

General Arnold landed around 10:00 in the morning with about nine hundred men in the cove at Brown's farm, near the lighthouse on the western side of the Thames River.

As General Arnold was leading his soldiers ashore for their assault on New London, the other contingent of his force was landing on the Groton side of the Thames River. Approximately eight hundred men under Lieutenant Colonel Edmund Eyre came ashore near Pine Island. The British forces consolidated on Avery's Hill, a small knoll or ledge to the northeast, and at about 12 noon appeared in the woods about a half-mile from the fort. Shortly after the battle commenced, a stray shot cut the halyard holding the fort's colors. The enemy mistakenly thought the fort had signaled surrender, and they began to walk upright towards the fort. The defenders immediately poured more fire onto the advancing enemy.

Arnold described the forty-minute defense of Fort Griswold as "obstinate" but says that the "fort was carried by the superior bravery and perseverance of the assailants. Seeing that further resistance was futile, Ledyard told his men to lay down their arms and surrender. Up until this moment, only six militiamen had been killed and thirteen wounded defending the fort.

As he entered the garrison, Major Bloomfield called out, "Who commands this

fort?" Colonel Ledyard replied, "I did, but you do now," and presented his saber to the enemy commander, hilt first. What exactly happened next has been hotly debated for over two hundred years. Reportedly, Major Bloomfield took Ledyard's saber and thrust it into his chest, killing the vanquished commander.

What followed Ledyard's slaying has not been contested. Despite the obvious surrender of the garrison, the victorious and vengeful British proceeded to bayonet many of the defenders, just as they said they would if the garrison had not surrendered. Many of the dead militiamen were found with up to thirty wounds and some with their hands horribly mutilated from attempting to ward off the bayonet thrusts. The final toll after the massacre was over was eighty-five dead, thirty-five wounded and forty prisoners taken back to British ships.

Visit the
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online at
www.ct.ngb.army.mil



*Thank you,
Families, for
all that you
do and all
that you
sacrifice.*

*We are
indebted to
you.*



Retirees' Voice

Understanding TRICARE, Medicare Part D

SGT. 1ST CLASS (RET.) JOHN BEDNARZ

The TRICARE pharmacy provider, Express Scripts, has found that some people who are TRICARE-for Life members were automatically enrolled in Medicare Part D and are experiencing difficulties getting their prescriptions.

The number of people affected is unknown but there are 129,000 TRICARE beneficiaries that are enrolled in Part D. Very few actually benefit from Part D unless they qualify for Part D with no premiums. Express Scripts recommends that the pharmacy process the prescription under Part D and then it will go to TRICARE for the balance.

Beneficiaries are told to contact Medicare to disenroll from Part D and obtain a letter from Medicare. The letter should be faxed to 831-655-8317 or mailed to DEERS Support Office, ATTN: COA, 400 Gigling Road, Seaside, CA 93955-6771 and the Part D will be removed from DEERS within 24 hours. Express Scripts is working with TRICARE Management Activity to determine the best resolution.

On another note, for TRICARE for Life beneficiaries you are strongly recommended to find out what type of Medicare provider

you may have now or before you make an appointment with a healthcare provider. There are three types of providers:

1. Opt-out providers – have chosen to not see Medicare patients and cannot submit claims to Medicare. They are considered non-authorized and nonparticipating. If you use their services you will be responsible for the full bill, including the portion TRICARE would have paid.

2. Participating providers – are Medicare authorized providers who agree to accept the Medicare-allowable charge as payment in full, and who agree to file claims.

3. Non-participating providers – do not agree to accept the allowable charge as payment in full and may, or may not agree to file claims.

To find out what type of health-care provider you have, call Medicare toll-free at 1-800-633-4227. TRICARE will continue to pay claims, at the TRICARE Standard rate, for any Medicare eligible beneficiary who is treated by a provider who has opted-out of Medicare only until September 30, 2006. After that date a TRICARE for Life or a dual eligible beneficiary who seeks care from a provider who has opted-out of Medicare will

be responsible for the entire bill.

Finally, I want to urge anyone who is not on Frank Perry's e-mail list to do so as soon as you can. Just e-mail him at bima61@ct.metrocast.net and ask him to put you on his list.

Frank was at the Retiree's Picnic on August 16 and talked to a lot of people. He realized that we all have some confusion about TRICARE and went to the experts. He then put together a primer on TRICARE as good as any I have seen with references to all the agencies, offices, websites and phone numbers to those who can help you answer your questions. Frank is ready to set up a briefing through the Retirement Activities Office at the Submarine Base in the Groton area for those who feel they need it. Sign on with Frank now.



Recently Retired?

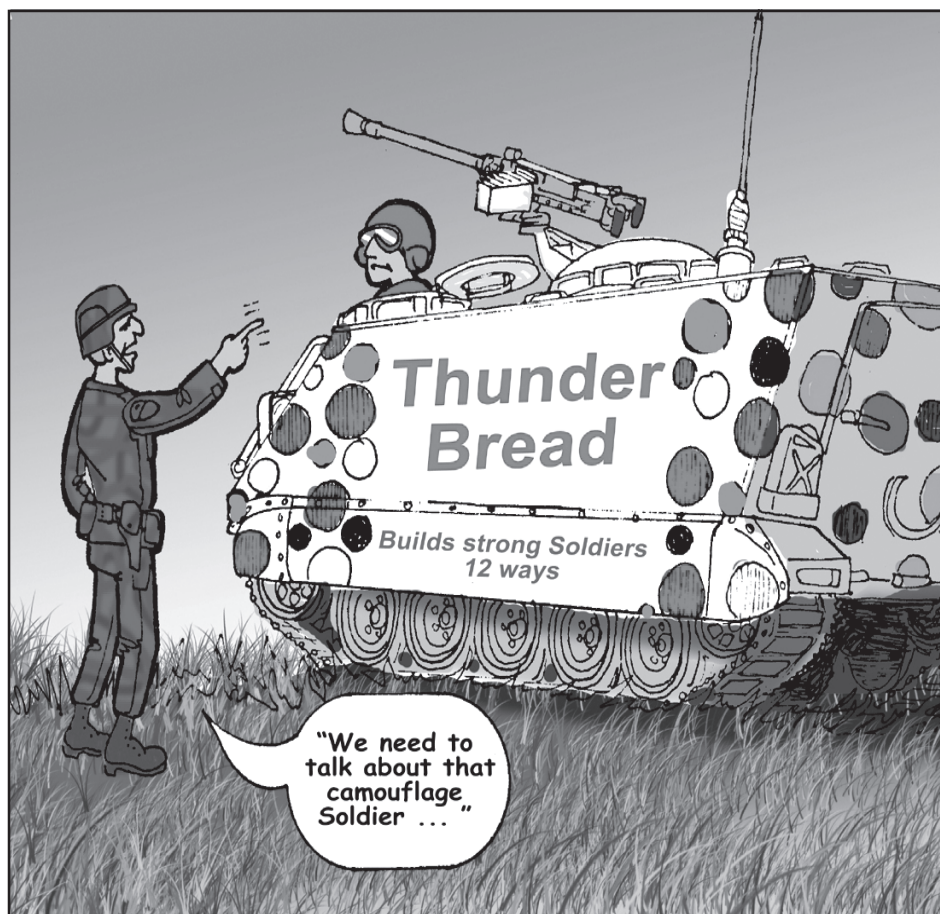
Consider coming back to the Connecticut National Guard.

Call your former unit for more information.



2nd Louie

By Bob Rosenburgh



Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Surface Maintenance Mechanic	FMS 7	WG-10/08	9/6/2006
Surface Maintenance Repairer	FMS 7	WG-08	9/12/2006
Surface Maintenance Repairer	UTES	WG-08	9/15/2006
Visual Information Specialist (Indefinite)	DOIM	GS-11	9/26/2006
Supervisory IT Specialist (Indef/Temp)	DOIM	GS-12	9/11/2006
Allied Trades Supervisor	CSMS	WS-10	9/11/2006
Telecommunications Specialist	DOIM	GS-11	9/26/2006
Civil Engineering Technician (Indef/Temp)	TSD	GS-09	9/30/2006
Surface Maintenance Mechanic (Indef/Temp)	FMS 9	WG-10/08	9/30/2006

Air National Guard Technician Vacancies

Position Title	Unit	Pay Grade	Closing Date
Aircraft Electrician (Indefinite)	103rd FW	WG-10	9/28/2006
Aircraft Mechanic (Indefinite)	103rd FW	WG-10	9/30/2006
Quality Assurance Specialist (Aircraft) (Indef)	103rd FW	GS-09	10/4/2006

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Production Recruiter	Recruiting and Ret Det	SFC/E-7	Open AGR (Nationwide)
Inventory Contrl/Supply SGT	AASF	E-5	Open AGR (Nationwide)
Supply NCO	Co G (-), 126th Avn	E-3 to E-5	Open AGR (Nationwide)
Kennel Master	928th MP Det MWD	SFC/E7	Open AGR (Nationwide)
Food Services NCO	JFHQ-CT	SFC/E-7	Open AGR (Nationwide)

Air National Guard AGR Vacancies

Position Title	Unit	Rank	Area of Consideration
Aircraft Electrician	103RD FW	E2 THRU E6	On Board AGR Only
Aircraft Mechanic	103RD FW	E2 THRU E6	On Board AGR Only

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

Visit the
**Connecticut
Guardian**
on-line at
www.ct.ngb.army.mil

Coming Events

September

September 4

Labor Day

September 9

Family Day

September 11

5th Anniversary of 9/11

September 13

NGACT Board Meeting - Open to all members

September 15

NGACT Golf Tournament

September 16

Armed Services and Emergency Personnel Day

UCONN Football at Rentschler Field

September 16-18

NGAUS Annual Conference

September 20

Connecticut Day at The Big E (Tentative)

October

October 5

25th Annual Senior NCO Dining-In

October 9

Columbus Day

October 11

NGACT Board Meeting - Open to all members

October 21

Annual Retiree Seminar

The Theater at the Sub Base

November

November 2

Officer's Dining-In

November 7

Election Day

November 8

NGACT Board Meeting - Open to all

November 11

Veteran's Day

In future issues

G 126th Returns Home

NGACT Golf Tournament

National Guard Family Day

Deadline for submissions is the 15th of the month previous to publication.



Lt. Col. (P) Gabram (BN CDR of 1-101st AVN) pins the ARCOM and coins Sgt. 1st Class Victor Pacheco of G 126th AVN recently in FOB Sykes, Iraq. Gabram and Pacheco served in 1-101st AVN BN during Desert Storm and 15 years later they are serving again in the same Task Force "Expect No Mercy" during OIF 05-07. (Photo courtesy of Maj. Tim Seery, Commander, Co. G, 104th AVN)



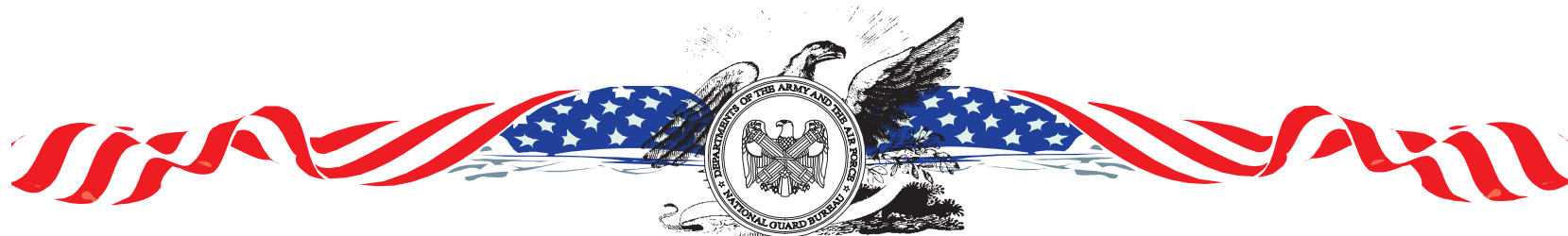
A-10 fighters from the 103rd Fighter Wing approach Rock Cats Stadium in New Britain for a flyover as Master Sgt. Ivan Anglero's, 103rd Fighter Wing, image singing the national anthem is projected on the field's "jumbotron" August 24, 2006. The Air National Guard from Bradley also enlisted two new airmen on the field, the Fighter Wing commander threw a first pitch, honor guard posted colors, base fire trucks and mini A-10 drove in the parade and the event generated seven new leads for recruiting during the Rock Cats Red White and Blue night event in New Britain, August 24, 2006. (Photo courtesy 103rd Fighter Wing)



Co. G, 104th Avn. spent time using the Chinooks for heavy lifting operations during the unit's annual training in Helena, MT. (Photos courtesy CW2 Ken Duenzl)

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Family Deployment Supplement to the Connecticut Guardian

VOL. 7 NO. 9

HARTFORD, CT

SEPTEMBER 2006

Experts helping military kids deal with loss of parent

RUDI WILLIAMS
AMERICAN FORCES PRESS SERVICE

Experts with the Military Child Education Coalition are working to help military children deal with the death of a parent through a new initiative: "Living in the New Normal; Supporting Children through Trauma and Loss."

"In the schools, the children are able to enjoy a predictable environment. The educators are certainly able to assist children in very compassionate and caring ways," Patty Shinseki, a member of the coalition's Board of Directors, said.

The primary loss military children experience when a parent dies is often compounded by secondary losses, such as the need to relocate, the loss of the familiar military community and culture, and changes to their support network and friends, Shinseki wrote in a recent article.

Shinseki chairs the committee working on the initiative. She said MCEC is grateful for the volunteers working on the project.

"The bottom line is that death is such a tough topic," committee member Marlene Lee said.

"It makes people uncomfortable. It's difficult to talk about. It's something a lot of people avoid. ... How do you take this really tough, really uncomfortable topic that needs to be discussed and break that communications down in a way that helps educate people?"

Lee is an expert in "thanatology," the study of death, dying and grieving. Her book, "The Hero in My Pocket," is aimed at children affected by the loss of a member of the armed forces.

"Whether we like it or not, we have to talk about issues related to death, dying and, as importantly, positive recovery," Lee said.

Karla Shinnars, a counselor and expert in risk prevention for children, said the project will provide guidance to people around children who experience such a loss.

"How do you explain it to the whole class if this child has experienced a loss?" Shinnars said. "How long should the child be away from school? Should you send them right back to the classroom, or should they

stay home for a little while? Should the child attend the memorial service?"

"We have to look at the factors as to how to make that best decision to help a child," she said.

The initiative promotes "an environment of resilience and non-victimization of the military child," said Army Maj. Jeff Bergmann, who teaches psychology at the U.S. Military Academy, at West Point, N.Y. He is also a member of the program's committee.

"Since I'm in the military, I... educate the officers, noncommissioned officers and the future leadership about resources available from MCEC and specifically this initiative, 'Living in the New Normal,' because it's going to become increasingly important based on the global war on terrorism," he said.

The death of a military members leads to transition and dramatic change in families' and children's lives, retired Army Dr. (Col.) Stephen J. Cozza said.

Also a member of the committee, Corza is associate director for child and family programs at the Center for Traumatic Stress, a part of the Uniformed Services University of the Health Sciences, in Bethesda, Md.

"During that change, there are certain vulnerabilities that families and children may be exposed to," Cozza said. "They have to figure out how to tolerate and reestablish their families in new places or new situations with the loss of a loved one."

Cozza said MCEC wants to support such children and families so they come out on the other end healthy, happy and adapted.

"Part of what we want to do is to help rally the resources around children," he said. "MCEC is naturally well-suited for that because the educational setting is the setting of kids. The teachers will be the ones that kids spend most of their days with."

Cozza said he'd like to develop a transition packet that parents, children and schools can complete that transfers information from one school to the next.

"The worse-case situation would be that a child goes to a new school and no one is aware of the special challenges or changes



Military Child Education Coalition Board of Directors member Patricia "Patty" Shinseki is chairing the committee that's creating the "Living in the New Normal; Supporting Children through Trauma and Loss" program. To her right is retired Army Dr. (Col.) Stephen Cozza who Shinseki says, is "the one we really depend on for quality control." (Photo by Rudi Williams)

that have that have occurred in that family," he said.

He said some educators don't recognize that a child's behaviors, difficulty in learning or emotional state may be related to adverse events in their life. Shinseki said the program

will lead to a system of resources for educators and parents.

"Some of the themes we're following acknowledge the wonderful positive attributes of our children."

"In the schools, the children are able to enjoy a predictable environment. The educators are certainly able to assist children in very compassionate and caring ways."

Patty Shinseki, a member of the coalition's Board of Directors



CATHERINE GALASSO

The right attitude turns an obstacle into an opportunity

What is the difference between an obstacle and an opportunity?

I believe it is our attitude towards it. Much of life is a function of our outlook.

Challenges can be stumbling blocks or stepping stones. It's just a matter of how we view them. A positive attitude can help us overcome struggles.

Best-selling author and distinguished doctor, Bernie Siegel, M.D. wrote, "Obstacles across our path can be spiritual flat tires—disruptions in our lives seem to be disastrous at the time, but end by redirecting our lives in a *meaningful way*."

To succeed in the face of great challenges requires unshakable faith, patience, focused attention, hard work and the acceptance of adversity as part of the course.

It's inspiring to read stories about people who defy overwhelming odds, whose lives demonstrate that it is possible to not only endure, but emerge victorious in the face of difficulty. Many who have tackled such challenges report that hardship brought with it surprising gifts. Their example gives us strength by which to live.

Human beings have the unique God-given power of responding to desperate situations. Through faith in Him, they have the strength to persist and a never-ending hope during difficult times.

I saw a television segment featuring individuals who had lived through heartbreaking experiences; ordinary people that were suddenly and unexpectedly faced with extraordinary challenges. They reported that they're stronger, faith-filled, appreciative and more alive than they were before the tragedy.

Helen Keller, who lost her sight and hearing as an infant, never lost her sense of adventure. Out of the darkness in which she lived emerged a great shining soul. She never denied her struggle with depression, anger and loneliness because of her condition, but she was willing to work through those feelings honestly. In doing so she was strengthened to fulfill a purpose. She once wrote, "Our worst foes are not belligerent circumstances, but wavering spirits."

When Nelson Mandela emerged from 28 years of unjust imprisonment, his outstanding compassion and humanity shone as brightly as when he went in. He, and others like him, face and endure adversity with a sense of purpose and determination. The same can be true for us in our individual lives. Whether it is because we want to accomplish a life-long goal, be a better person, or make a supreme difference in the lives of others, commitment to a higher purpose helps us persist through difficulties.

There is a temptation to think of these people who overcame and transcended incredible odds, as the exception. We set them far above ourselves and imagine they had some phenomenal quality the rest of us lack. However, suppose that it is just such thinking that blocks us from the power to positively change our own destiny.

I have encountered many great individuals, ordinary people, who carved out an extraordinary life despite difficulty and hardship. Adversity can be a stimulant for important psychological and spiritual growth. Anyone who has done something worthwhile is someone who has overcome many hard times.

There are passages in all our lives that are dark, pathways we never imagined we would have to navigate. But in the midst of a "shadowy night of the soul" can be the testing ground for a higher power.

Seeking God and knowing that we are loved enables us to climb that mountain of hardship, and find ourselves transcendent, eternally transformed. Recognizing God's wisdom and strengths that came from struggle honors what is best in us, and increases the flow of faith necessary to renew and restore.

With a calm, steadfast mind, and patient spirit let us meet whatever comes our way with courage and faith in God. As we cast our burdens upon Him, He will comfort, give peace and uphold us. Let us walk hand and hand with the magnificent One who said, "Be of good courage. I have overcome the world."

Write to Catherine Galasso-Vigorito in care of Connecticut Guardian, 360 Broad Street, Hartford, Ct. 06105-3795 or e-mail her at cgv@anewyouworldwide.com.

Visit her website to see her new inspirational product line at www.anewyouworldwide.com

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Reserve income replacement began Sept. 1

DENVER (AFP) — The Reserve Income Replacement Program became effective as of Aug. 1. The first RIRP payments for eligible service members began Sept. 1.

The RIRP was developed to provide specific payments to eligible members of the National Guard and Reserve who are involuntarily serving on active duty — the term active duty includes full-time National Guard duty — and who are experiencing a monthly active duty income differential of more than \$50, as determined by the member's service secretary.

An active duty income differential is the difference between the average monthly civilian earned income of the member before mobilization and the member's total monthly military compensation while involuntarily mobilized, when the member's average monthly civilian income exceeds the total monthly military compensation. RIRP is an entitlement that must be paid to all eligible servicemembers.

To be eligible for RIRP payments, the member currently must be serving on active duty in an involuntarily status and have: — Completed 18 consecutive months of active duty, or — Completed 24 months of active duty during the previous 60 months, or — Been involuntarily mobilized for 180 days or more within six months of the previous involuntary period of active duty of more than 180 days.

RIRP is effective as of Aug. 1, the first full month following the 180-day period after enactment of Public Law 109-163. Income replacement payments will be made only for full months of qualifying involuntary active duty performed from August 2006 through December 2008.

The first RIRP payments for eligible service members will occur in September for duty performed in August (the first full month authorized for payments).

RIRP payments will be made to an eligible member on a monthly basis. RIRP payments may not exceed \$3,000 per month.

For more detailed information about RIRP or assistance in determining or verifying RIRP eligibility, call the Reserve Personnel Contact Center at 800-525-0102.

(Courtesy of Air Reserve Personnel Center Public Affairs)

Election Day is
Tuesday
Nov. 7
Exercise your
right to vote!



**HANDYPERSON
HOTLINE**



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**SERGEANT MAJOR
TOBY P. CORMIER**
Ph: 860-441-2984
Cell: 860-209-0770
toby.cormier@ct.ngb.army.mil

Visit the
Connecticut Guardian
on-line at
www.ct.ngb.army.mil

Commissary, school agencies support Family Dining Day

GERRY J. GILMORE
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Aug. 28, 2006 – The Defense Commissary Agency is partnering with a national anti-substance-abuse organization to promote the concept of families dining together as a means of establishing healthy lifestyles for young people, a DeCA spokesperson said today.

“Since we’re the food leader for the military, anything that has to do with family quality and family lifestyles and focuses on eating is a good thing for us to be involved in,” said Bonnie Powell during a telephone interview with American Forces Press Service from her organization’s headquarters at Fort Lee, Va.

DeCA will support and celebrate “Family Day - A Day to Eat Dinner With Your Children” Sept. 25, Powell said.

Children of families that regularly eat together are less likely to smoke, drink or use illegal drugs, according to the National Center on Addiction and Substance Abuse. Such children also get better grades.

Founded in 1992, CASA is a New York City-headquartered national organization that studies alcohol, nicotine, illegal and prescription drug addictions and other substance abuse in order to combat them.

CASA created Family Day in 2001 and President Bush supports the initiative each year. Last year, 1.3 million Americans pledged to have a family dinner.

“We’d like to see military active duty, retirees and Guard and reserve families double that amount,” Defense Commissary Agency Director Patrick Nixon said in a recent DeCa news release.

The Department of Defense Education Activity is partnering with DeCA, Powell said, by encouraging its more than 200 stateside and overseas schools to team with local military commissaries to spread the word about Family Day.

“When parents and students dine together, they have an opportunity to discuss education and school issues,” DoDEA spokesperson Frank O’Gara noted in the DeCA release.

“These discussions lead to greater parental involvement and interest,” O’Gara continued, “and can go a long way in fostering success for all children.”

The Coca Cola Company’s military sales division, Powell said, is sponsoring a contest for a military family to win a trip to New York to experience a healthy dinner cooked up by famous chef Sandra Lee. Registration for the contest will be conducted throughout September on DeCA’s Web site.

And, any Fisher House manager who plans family dinners for guests on Sept. 25 will receive \$200 worth of donated commissary gift certificates, Powell said. Fisher Houses are comfort homes for military families to stay near loved ones undergoing treatment at military medical facilities.

The National Military Family Association recommends that children can do some commissary shopping for deployed military parents, Powell reported. Young family members, she said, can pick out a favorite food to send to an overseas-deployed parent.

The Defense Commissary Agency operates a worldwide chain of commissaries, providing groceries to military members, retirees, and their families in a safe and secure shopping environment. Authorized commissary shoppers can realize an average of 30 percent or more in savings compared to commercial prices. Officials say that equates to savings worth about \$2,700 annually for a family of four.



Connecticut National Guard Family Day 2006

Saturday, Sept. 9, 2006

10:00 a.m.

Camp Rell, Niantic

Family Friends Food Fun Games Music



Need assistance? Have questions?

Contact the

**103rd Air Control Squadron's
Family Support Program**

by visiting its Website:

www.103rdacs.com

Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

Waterbury Armory
64 Field Street, Waterbury, CT 06702
(203) 574-2406 Toll Free 866-347-2291
Ms. Tamara Jex

Manchester Armory
330 Main Street, Manchester, CT 06040
(860) 646-0780 Toll Free 866-347-2286
Mr. Bert Saur & Mrs. Andrea Lathrop

103rd FW, Bradley ANG Base
Bldg 8, East Granby, CT 06026
(860) 292-2730
Mrs. Donna Rivera

Norwich Armory
38 Stott Avenue, Norwich, CT 06360
(860) 883-6934
Mrs. Andrea Lathrop

103rd Air Control Squadron
206 Boston Post Road, Orange, CT 06477
(203) 795-2983
Mr. Charlie and Mrs. Jane Solomon

Windsor Locks
Bldg. P123, Camp Hartell, Windsor Locks, CT 06096
(860) 386-4045
Mrs. Rita O'Donnell

Hartford Armory
360 Broad Street, Hartford, CT 06105-3795
1-800-858-2677
Mrs. Kim Hoffman, Mrs. Michelle McCarty,
Mrs. Melissa Tetro-Dow, Staff Sgt. Jessica McKenna-Boski,
Mrs. Trudy Kaufman and Mrs. Karen Somes

Volunteers are needed in each facility.

Those wishing to help out can contact Mrs. Kim Hoffman, Family Program Manager at 1-800-858-2677. Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address:
kim.hoffman@ct.ngb.army.mil

Please visit our Website at www.ct.ngb.army.mil/family

Floating and Sinking Experiment

Materials

clear plastic or glass container, water, vinegar, baking soda, food coloring, items

Directions

Almost fill the container with 3 parts water and one part vinegar. Be sure to leave some room at the top of the container. ·
Slowly add one teaspoon of baking soda, very slowly! Too much at one time and it will all bubble over the top. Have a towel handy if the kids are adding the baking soda! ·
When the bubbles settle down, slowly add a second teaspoon of baking soda. ·
When the bubbles settle, add a few drops of food coloring. Notice the the liquid is moving and quickly mixes in the color. ·
Now comes the fun part. Find some interesting items (raisons, rice, dried fruit or vegetables, broken bits of spaghetti, pieces of fruit - grapes cut in half). Will the items float or sink? ·
Drop in a few of the first item. Usually they will sink to the bottom. Wait a few minutes and then they will rise to the surface, then sink again. Rice almost seemed to dance. It is fun to watch for hours and just observe how different items react. If the movement seems to be slowing down, add another teaspoon of baking soda.

What is happening?

The vinegar is an acid and the baking soda is a base. When you combine them, a chemical reaction produces carbon dioxide. The carbon dioxide bubbles build up on the surface of the object. When enough bubbles attach to the object, it floats to the surface and releases the gas. Then it sinks back to the bottom to start the process again.



KID'S CREATIVE CORNER

A monthly feature of fun and educational activities for the children of the Connecticut National Guard